**Examen of Consciousness**

For International Trip Retreat

We’re going to do a guided meditation for our morning prayer

So get comfortable.

If you want to sit up, sit up.

If you want to lie down, lie down.

If you want to close your eyes, do that now.

But find a position where you feel relaxed and comfortable.

The “Examen of Consciousness” is one of the jewels of Ignatian Spirituality.

It was a technique developed by Saint Ignatius

Not just for Jesuit priests –

But for anyone who wanted to become closer to God.

Hundreds of thousands of people like you and me have experienced this prayer

And many have committed to practicing it as a part of their daily spiritual practice.

St. Ignatius recommended that above all else

his friends pray this prayer every night

either before going to bed or first thing upon waking.

It is that important.

Let’s try it now.

**Take a few moments to breathe in and breathe out**

breathe in and breathe out -

and become aware of the presence of God within you and around you.

God is with you right now

here in this place

sitting right here in this room,

as close to you as your own heartbeat.

Breathe in and feel God with you now.

Breathe out and greet God

with a small, silent prayer in your heart.

Now, take a moment to consider the time we have had together, here on retreat.

**What is one blessing** that immediately jumps to your mind?

Perhaps it is something big or small-

 The relief of getting away from school and homework for a while

 The excitement of being together with your team

The energy you feel around connecting to the values of our service-immersion program

 Even the taste of hot pasta after for lunch. . . .

What is the blessing that jumps to your mind?

Thank God for this gift!

**Take a step back**, now, and look back on this second week of school –

I am sure you felt a lot of emotions.

You might have been excited to get back to Le Moyne,

Anxious to meet new professors,

Happy to be back in the swing of things

Overwhelmed by the work you need to accomplish this semester,

Peaceful in your major.

Delight in seeing your best friend!

Pay attention to all the different feelings that you have experienced,

And in particular anything that moved you –

 When did your heart sing?

 When did you feel most alive?

 Was there any time you felt alone or afraid or sad?

(pause)

**Now focus on just one of those feelings** that surfaces

As especially important to you.

It does not matter if it was positive or negative.

Take a few moments to talk spontaneously to God about this feeling

in the silence of your heart –

why was this feeling important to you?

What happened to make you feel it?

Why did you respond the way you did?

Did you actions move you towards God or away from God?

What would you like to tell God about this situation?

 If the feeling was a good feeling, you might want to savor it together with God

If the feeling was a negative feeling, you might want to ask God’s help or advice in dealing with this situation in the future. . .

(PAUSE)

Imagine yourself tomorrow in the same situation,

Would you want to act any differently?

How would God want you to act?

(Pause)

**Coming now out of our meditation**,

ask for God’s blessing and peace

as you finish off our retreat,

whispering an AMEN in your heart.

Know that God loves you and imagines you already as the person you want to be.

When you are ready, come back to this circle. . . . .