

A Review of Life

~A Free-Writing Awareness Examen~

I ask God for the light of the Holy Spirit—for the grace to see with God’s “eyes” and feel with God’s “heart”... I ask God to more deeply reveal the following to me in my writing, without judgment or conscious control...I pause and sit with the questions that particularly draw me, letting what touches me sink-in more deeply and unfold...

...the gifts that God has given me in the past weeks or months for which I am most grateful...
...what has given me life or energy...

...the ways that I have responded to God out of love...

... this is what has drained me or challenged me...

...the ways that I have not responded to God out of love as fully as I could have...
...the reasons I may need to ask for forgiveness...

...how or what God may be inviting me to in the days, weeks, or coming months