



*January 4 - February 2, 2020*

**New Year Resolutions. We've all made them. We look at the things about ourselves we don't like and resolve to change - to get in shape, reconnect with loved ones, get involved in church. To be spiritually healthy, you need to see yourself as God sees you. And God has 20/20 vision. When God looks at you he sees his child, filled with the Holy Spirit; a disciple of his Son called to share the Good News. In this series, discover how to live every day of this New Year seeing yourself as God does. Resolve to have 20/20 vision.**

**#spx20/20Vision Facebook/Instagram @spxbowie**

Some of our Church's great saints and spiritual writers encourage us to grow in faith by taking time each day to look at our lives - identifying a high and low. St. Ignatius of Loyola referred to this as a daily "Examen." To help you see yourself as God sees you and to develop 20/20 vision in the New Year, use this guide everyday.

Here's how it works:

1. Find a quiet place to pray
2. Begin by acknowledging God's presence with you
3. Briefly try to remember everything that happened to you in the past day
4. Reflect on these two questions:
  - *For which moment of the day am I most grateful?*
  - *For which moment of the day am I least grateful?*
5. Conclude by giving thanks to God for these moments and for any insights you gained. Ask God for grace for the day ahead.

The examen can also be prayed with others – your spouse, family, friends, or small group.

If prayed with children, a simpler set of questions is:

- When was I happiest today?
- When was I saddest today?