

NOTES

[illegible]

3rd Sunday of Lent -

OT Lesson - Exodus 20: 1-21

Psalm - 19: 7-14

NT Lesson - Romans 7: 12-25

Gospel - John 2:13-22

Recognizing God's Presence in my Life

This practice looks at recollection also known as the "prayer of examen," a prayer pattern used for centuries by Christians. It has two parts -- the examination of *conscience* and the examination of *consciousness*. In the former we search for wrongs done and admit them . In the latter we gently search our lives for divine moments.

We practice the examine by asking these questions:

- Did I meet God in the joy or pain of others?
- Did I bring Christ into my world in some way?
- Did anyone bring God to me?
- Did I reach out to someone in trouble or sorrow?
- Did I fail or refuse to do so?
- Did something that happened to me today give me a keener sense of being loved, or being angry or tired, or needing God in some special way?
- Is there any concrete event of the day that revealed some part of my life that I am withholding from God?

Prayers of examen change our way of being and become a rhythm of life. In fact, many use such prayers every evening, while others use them once a week or month or year. They enlighten us to the brilliant hues of our connection with God.

From Spiritual Discipline Companion - by Jan Johnson

