



MEETING GOD IN CREATION: A LENTEN JOURNEY OF LOVE



Ecological Examen

Begin the Examen by placing yourself in a posture that allows you to be open to the ways the Spirit is working in you. This is best done at the end of the day in a quiet place, as you review the day, its people and events, in God's presence. Go through the examen at a pace that works for you, and pause wherever you would like to take more time to reflect.

GRATITUDE

I give thanks to God for creation and for being wonderfully made.

Where did I feel God's presence in creation today?

AWARENESS

I ask for the grace to see creation as God does - in all its splendour and suffering.

Do I see the beauty of creation and hear the cries of the earth and the poor?

UNDERSTANDING

I ask for the grace to look closely to see how my life choices impact creation and the poor and vulnerable.

What challenges or joys do I experience as I recall my care for creation? How can I turn away from a throwaway culture and instead stand in solidarity with creation and the poor?

CONVERSION

I ask for the grace of conversion toward ecological justice and reconciliation.

Where have I fallen short in caring for creation and my brothers and sisters? How do I ask for a conversion of the heart?

RECONCILIATION

I ask for the grace to reconcile my relationship with God, creation, and humanity, and to stand in solidarity through my actions.

What can I undertake tomorrow to repair my relationship with creation and make choices consistent with my desire for reconciliation with creation?

PRAYER

I offer a closing prayer for the earth and the vulnerable in our society.



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This EcoExamen is based on the work of The Ignation Solidarity Network, ecoexamen.org