



LENT FASTING & FEASTING



Fridays - Fast your last 15 minutes

Feast on the Daily Examen

Give God the last 15 min. of your day by going through The Examen. It is a method of reviewing your day in the presence of God.

- **Ask God for light.**
 - I want to look at my day with God's eyes, not merely my own.
- **Give thanks.**
 - The day I have just lived is a gift from God. Be grateful for it.
- **Review the day.**
 - I carefully look back on the day just completed, being guided by the Holy Spirit.
- **Face your shortcomings.**
 - I face up to what is wrong - in my life and in me.
- **Look toward the day to come.**
 - I ask where I need God in the day to come.

*taken from <https://www.ignatianspirituality.com/examen-prayer-card/> (by Jim Manney)

