

Examen

*A guided examination of consciousness related to **Envy***

Spend a few moments in silence...

Become aware of God's presence...

Think back over the day:

- ❖ Think about the people you encountered and your interactions with them.
- ❖ What did you work on today?
- ❖ What were your primary emotions today?

Envy specific

Were there any moments when you felt small or inferior today? What caused that?

Did you feel diminished by the talents or success of others? Were you resentful that others got recognized or praised? Was there a person in particular that you felt envious of?

When did you feel competitive with others today? Did you find yourself taking pleasure in anyone else's troubles, failures, or humiliation today?

When did you encounter disappointment in your spirit? At any point in the day did you give yourself over to persistent sadness or self-pity? Did you find yourself struggling with bitterness?

Did you attempt to bring anyone around you down a few notches by diminishing their accomplishments or reputation through off-hand comments or gossip of any kind? Did you secretly enjoy it when others did this to a person who you are envious of?

Offer a prayer of confession:

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

Spend a few moments praying for any person you felt envious of. Intercede on his/her behalf. Be sure to thank God for his/her existence. How might you bless this person with an act of kindness?

Remind yourself of the goodness God has given you; most especially a place at His Table, as part of His household, for all eternity.

End your time of reflection by offering thanksgiving for all that God brings to mind. Don't be afraid to name seemingly insignificant things.