

# Examen

*A guided examination of consciousness related to Avarice*

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.
- ❖ Think about how you spent or planned to spend your money
- ❖ What were your primary emotions today?

Avarice specific:

Prayerfully think about the way you view money and resources. What attitudes about money did you grow up, e.g. that money was something to get more of and to use primarily for oneself? Where are you aware of wanting more than you need or holding on tightly to what you have? What are the Holy Spirit and God's Word saying to you about these thought patterns?

Meditate on what Scripture says is the true value of earthly riches, i.e. to reveal Christ to others and thereby store up treasures in heaven. How does this meditation help change your views on earthly riches?

Consider one or two specific things you can do to lessen the temptation towards avarice in your life, e.g. giving more generously, or exchanging thankfulness for anxiety about the financial resources you have instead of what you don't have. What encourages you about taking these steps? What holds you back?

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.

Remind yourself of all the ways God has provided for you; do you think he will stop doing so for some reason? Memorize and meditate on Romans 8:32.

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