

Examen

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

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?

Sloth specific:

Are you deeply disappointed or disillusioned? Tell God about that. Be specific. What about your life is not what you had expected, wanted, or bargained for?

In the midst of your current day to day, is it easier to skim the surface and be distracted than to notice the deep suffering of your soul? What are you avoiding?

Is there anything in your life you know that God is calling you to do, and you know it would bring about greater life in Christ, but you are hesitant to do it? What is holding you back?

What would bring about greater trust in God and faith in His goodness about your current life?

Are there people in your life who are easier to avoid than to love? How do you handle that? If the love of God is our impetus of all our action, is God asking you to do anything in regards to this person?

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 and asking God, "What is the work of love you are asking me to do right now?" Ask for the Holy Spirit to illumine how you might be yoked to Christ in your day to day.

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 about your day to day.