**A.M.D.G**

**Examen: Intentional and Prophetic**

**Sign of the Cross**

Settle yourself . . . be still . . . be at peace.

Think of something you are grateful for . . . and give thanks to God.

*With the Holy Spirit, I look back over my day/week.*

**Where in my day was I *intentional*?**

In the choices I made, how considered were they? (N.B pause after each question)

How much were they done with care?

Where did I deliberately set out to do something good?

*I thank God for all these things*

*What did not go well for me today/this week?*

**Where in my day did I fail to be *prophetic?***

Where did I listen to others instead of my inner voice?

Did I leave things to chance rather plan with thought and care?

Have I given my efforts to making excuses rather than making changes?

*I tell God that I am sorry for these things.*

*As I look ahead to tomorrow,*

I ask God to help me make better choices

and to stand up for what is right.

*Let us finish with the prayer that Jesus taught us: Our Father . . . .*

**Sign of the Cross**

**L.D.S**

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January 2018