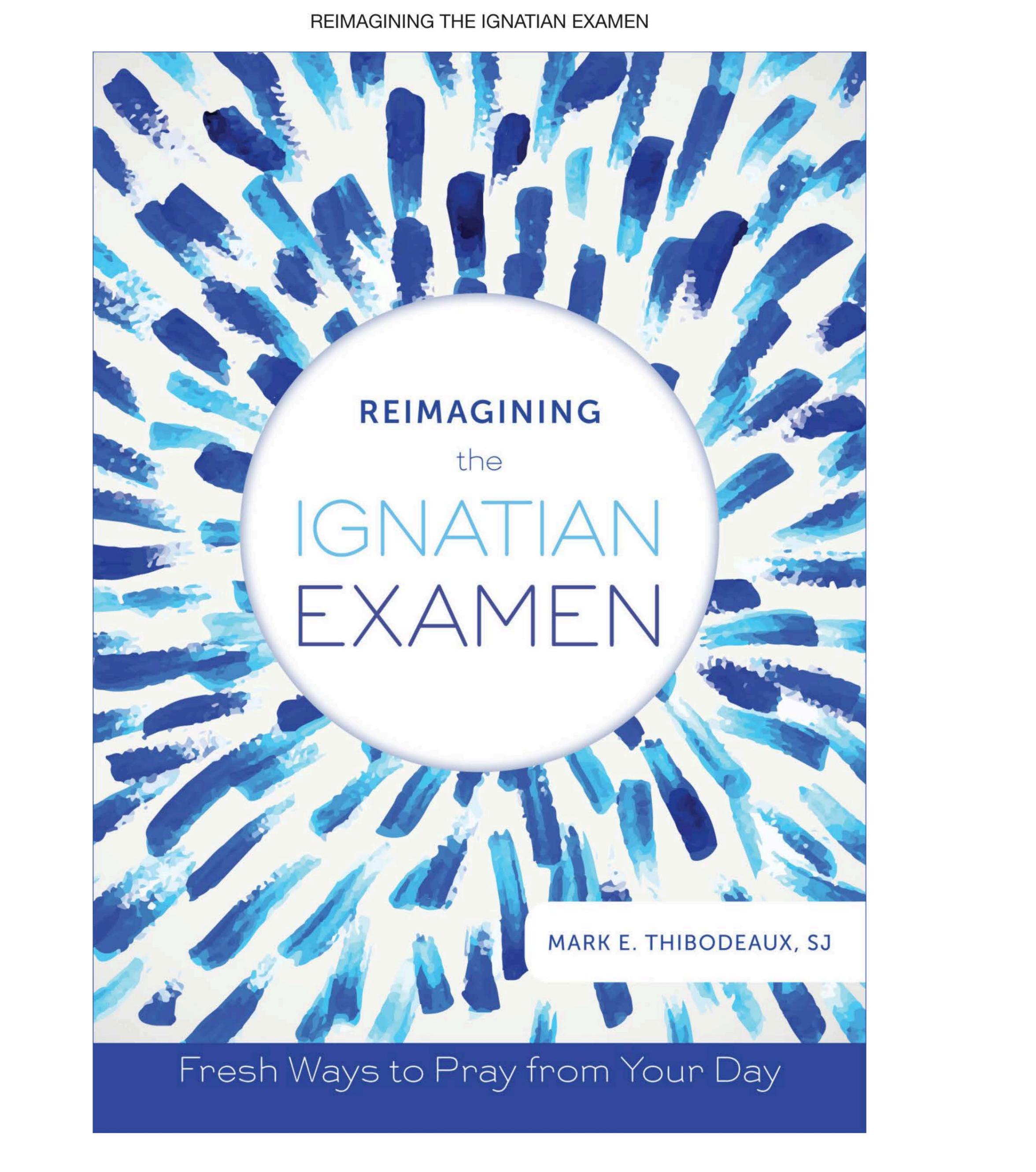


REIMAGINING THE IGNATIAN EXAMEN



REIMAGINING
the
IGNATIAN
EXAMEN

MARK E. THIBODEAUX, SJ

Fresh Ways to Pray from Your Day

Examen 27

“Who do you say that I am?”

Once when Jesus was praying alone, with only the disciples near him, he asked them, “Who do the crowds say that I am?” They answered, “John the Baptist; but others, Elijah; and still others, that one of the ancient prophets has arisen.” He said to them, “But who do you say that I am?” Peter answered, “The Messiah of God.”

—Luke 9:18–20

1. I begin in my usual way.
2. I spend a few moments in gratitude, thanking God for one or two of the blessings, big and small, that I’ve received today.
3. I think about my relationship with God. I talk to God about how our relationship has been going lately. Are we getting along well? Do I feel close to or distant from God right now? Have I spent quality time with God or have I been neglectful? Do I sense that God is very close to me when I call on him? Am I bored with God? When I look upon the face of God, do I feel joy? gratitude? shame? fear? I speak with God about our relationship. I ask God to show me how he sees our relationship.
4. I read reflectively the Bible passage in which Jesus asks his disciples, “Who do you say that I am?” I quietly, peacefully watch the video in my mind of how today has played out. As I watch each scene of my day, I ask myself, “Where was Christ in this moment? How did Christ come to me in this moment?”
5. After looking over a few of the details of my day, I back up now and look at the big picture. I ask myself, “Given all that’s happened today, who was Christ for me today?” Was he:

- teacher?
- friend?

- consoler?
- coach?
- silent observer?
- spouse?
- savior?
- parent?

6. I say to Christ, “Lord, today you were ____ for me.”
7. I now ask, “If you, Lord, were _____, then who am I in relationship to you?” I might say, “Lord, you were teacher and I was your student” or “Lord, you were my consoler and I was a brokenhearted soul in need of your healing.” I speak to God awhile about the way our relationship played itself out today.
8. I now look to tomorrow. How do I want or need Christ to be present to me tomorrow? Do I need him to be my teacher? my friend? my savior? I tell Christ what it is I want or need from his presence in my life as I move forward.
9. I end in my usual way.