



## La Silla Roja Examen

Adapted from Georgetown Prep's Campus Ministry Office.

**Today's Examen is specifically aimed at reflecting on the great gift of an education.**

We begin our Examen in the name of the Father, and the Son, and the Holy Spirit. AMEN

I invite you to close your eyes and place yourself in prayerful silence remembering that you are in the presence of God.

*Pause – 10 Seconds*

Now place yourself in a disposition of gratitude and recall two or three things that you appreciate about your school. What does your education mean to you? Reflect upon your experience and then thank God for these gifts.

*--30 Seconds of Silence--*

Now take a moment to consider the experience of a person who doesn't have access to an education. Call to mind the image of a child kept out of school by poverty, or conflict, or displacement.

*Pause – 10 Seconds --*

Speak to God about God's desires for that child.

Ask God:

- How do you feel about this child, God?
- What do you want for this child, God?
- What would an education mean for this child?

*--50 Seconds of Silence –*

Becoming aware of God's desires for this child, ask God for guidance. God, how can I use what I have learned, my own insights, and the skills I've cultivated on behalf of this child?

*--30 Seconds of Silence –*

Return to the most meaningful area of your prayer today and discern from it one constructive thing you can do to be more sensitive to the world's needs. Ask God for the assistance you need to be a man of compassion. Commit to doing this one thing.

*--30 Seconds of Silence –*

As we end our prayer, ask for God's grace and love for the rest of this day and week.

Saint Ignatius of Loyola, pray for us.

In the Name of the Father, and the Son, and the Holy Spirit. AMEN

