Daily Examen: *Preparation for an Ignatian Pilgrimage*

By Leslie Rasmussen

Thanksgiving:

I am grateful to work at a place rooted in Jesuit values and a desire to help others. As the days pass, I am more and more overwhelmed with emotion and gratitude for the opportunity to immerse myself in Jesuit culture and values on the pilgrimage.

Petition:

As I prepare for the Ignatian pilgrimage, I ask that my heart and mind be open, to learn, to love, and to fully experience the deep values of Jesuit culture.

Review:

In what ways did I experience Jesuit values today?

Have I felt God’s presence today?

In what ways did I express gratitude for the experiences and opportunities provided by Xavier?

Did I make intentional choices today that reflect Jesuit values?

Response:

Am I living a life with gratitude and purpose? How can I be intentional every day in order to reflect on Jesuit values and what it means as a pilgrim, employee, wife, mother, educator, public servant…

Looking Ahead:

How can I improve intentionality and commitment to living out the Jesuit values I love so

much? How can I strengthen my faith walk? How can I honor my goodness, flaws and failures

when it comes to my faith walk?