

Epiphany Rule of Life Examen

Prompt for 1/6/21

When we enter a new season in life or the church year, it is an excellent time to take stock and consider how we are doing. One way to do this is to use the Examen as a reflection tool / spiritual practice to create a rule of life.

The Ignatian Examen practice is traditionally observed daily and consists of 5 steps.

1. Recognize that you are in God's Holy Presence.
2. Give thanks for the day's blessings.
3. Reflect on the day, your interactions with other people, creation, and God.
4. Choose a part of the day and pray about it.
5. Intentionally set hope for tomorrow.

Today: January 6, 2021, is the 12th Night of Christmas, the Epiphany Feast. Instead of only considering the last 24 hours consider the season of Christmas from December 25 through today. Set yourself in a quiet space where you can focus on your previous two weeks. If you need, keep your phone, planner, journal, or calendar on hand for reference.

Begin your Examen

1. Recognize that God was present in this season of Christmas, and God will be present in the season to come of Epiphany.
2. Give thanks for the blessings of the last 12 days.- Write them down, or record them in some way
3. Reflect on the season, where did you see/experience God, how did you care for creation, how did you love your neighbor
4. Choose a part of the season to reflect upon and pray.
5. Set a hopeful intention for the season to come, which runs from today until February 17 (Ash Wednesday, which begins the season of Lent)

One way to set that intention is to look at your life in terms of your Physical, Mental, Spiritual, Interpersonal, Stewardship, Vocation, and Household wellbeing. Think of where you are now and where you would like to be in the next season of your life. Make these hopeful goals, which can be achieved in this season.

You can use the printout below to help guide your reflections if it is helpful.

If this is a practice you enjoy or which provides a foundation for your season of Epiphany you may consider doing it again at the beginning of each season of the liturgical year.

Blessed Epiphany - May it be a time of enlightenment and thanksgiving. Amen

	Reflection of this season	Hope for the next season
Physical How are you feeling in your body? In what ways are you taking care of your physical health?		
Mental: How are you keeping your mind healthy? Have you tried to learn something new? In what ways are you taking care of your mental health?		
Spiritual: How are you caring for your spirit? Have you been engaging in prayers, reading of scripture, or other spiritual practices?		
Interpersonal: How are your relationships? Have you connected with those who are important to you? What have you done to love your neighbor? What have you done to find forgiveness/reconciliation?		
Vocational: What is happening at work? Are you following your calling? Do you feel like you are using your gifts wisely?		

<p>Household: What is it like in your home? Are you cultivating a peaceful or chaotic environment? Does God have a seat at your table? How do you keep your residence?</p>		
<p>Stewardship: Considering finances, on what do you spend your money? Does your spending reflect what you truly value? Are you anxious about money? If so why?</p>		