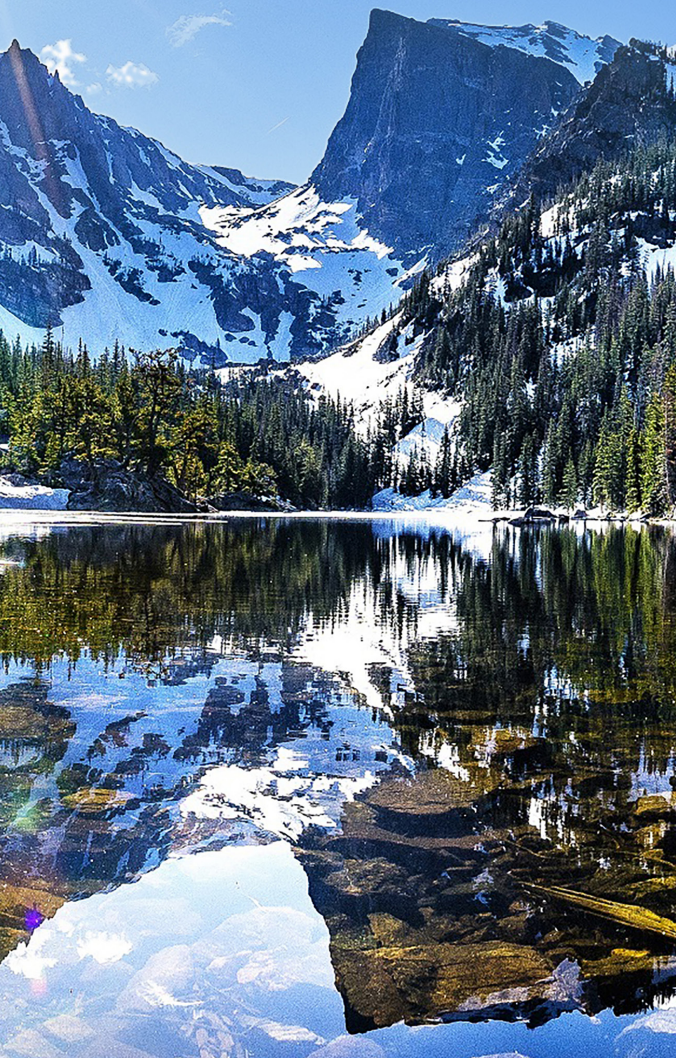
RECONCILING GOD, CREATION AND HUMANITY:

ECOLOGICAL EXAMEN

In *Laudato Si'* Pope Francis asked us to care for creation and to reconcile our relationship with God, creation and one another. Borrowing from the great Ignatian tradition of examens, this *Ecological Examen* asks you to reflect on your personal relationship with creation, to acknowledge and amend your ways and to promote ecological justice by standing in solidarity with those most impacted by environmental harm.

Developed by St. Ignatius Loyola, the *Examen* is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us.



Begin the Examen by placing yourself or your group in a posture that allows you to be open to the ways the Spirit is working in you. There are six steps in the Examen:

GRATITUDE

I give thanks to God for creation and for being wonderfully made.

(Where did I feel God's presence in creation today?)

AWARENESS

I ask for the grace to see creation as God does – in all its splendor and suffering.

(Do I see the beauty of creation and hear the cries of the earth and the poor?)

UNDERSTANDING

I ask for the grace to look closely to see how my life choices impact creation and the poor and vulnerable.

(What challenges or joys do I experience as I recall my care for creation? How can I turn away from a throwaway culture and instead stand in solidarity with creation and the poor?)

CONVERSION

I ask for the grace of conversion towards ecological justice and reconciliation.

(Where have I fallen short in caring for creation and my brothers and sisters? How do I ask for a conversion of heart?)

RECONCILIATION

I ask for the grace to reconcile my relationship with God, creation, and humanity, and to stand in solidarity through my actions.

(How can I repair my relationship with creation and make choices consistent with my desire for reconciliation with creation?)

PRAYER

I offer a closing prayer for the earth and the vulnerable in our society.

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