



# Advent: The Way of Peace

## **Advent Week 4 Practice: The Prayer of Examen**

Each week during the Advent season we invite you to join us in a spiritual practice to deepen awareness of Christ's peaceful movement within us and around us. In our journey through Advent, these practices will attune our hearts to God's incarnation in the world.

Our final practice, on Christmas day, is the Prayer of Examen. The Prayer of Examen, part of St. Ignatius of Loyola's spiritual exercises, is a way of reviewing the day with God, examining our actions and encounters, and looking forward to the next day. As we near the end of this Advent season, our final practice will be an opportunity to review our journey of peace. What have we learned, what is stirring within, and where do we feel summoned to go next?

Take a moment and breathe deeply, opening your heart to God's presence. Enter this time of prayer and presence.

Reflect on the last 4 weeks of Advent. Where have you recognized God's presence? Where have you sensed Christ at work? When have you been most in harmony with those movements? When have you been distant from the places where you sense divine presence?

Trust and receive God's grace, healing, and peace. Be mindful of actions that may have been uncaring or harmful to self, others, or creation. Commit your heart to the ongoing work of reconciliation and peace.

Offer gratitude for the invitation of this Advent season, Christ's continued presence in life, and the opportunity to journey toward peace with God tomorrow. As we sing Emmanuel, God with us today, may we recognize the gift of the sun setting and rising on each new day. May we continue seeking the way of peace together.

## **“Amen Examen” by Daniel Harmon**

Amen, amen. As I bow my head on this day, amen.  
Amen, as I bow my head on this day, amen.

Who have I been? Who have I been?  
As I bow my head on this day, who have I been?  
Who have I been? As I bow my head on this day, who have I been?  
Amen, amen. As I bow my head on this day, amen.

Who have I seen? Who have I made seen?  
As I bow my head on this day, who have I seen?  
Who have I seen? As I bow my head on this day, who have I seen?  
Amen, amen. As I bow my head on this day, amen.

Who will I be? Who will I be?  
As I bow my head on this day, who will I be?  
Who will I be? As I bow my head on this day, who will I be?  
Amen, amen. As I bow my head on this day, amen.

Amen, as I bow my head on this day, amen.  
Amen, as I bow my head on this day, amen.