

An Advent Examen

As we reflect on how we have spent our time, we find that so much of our time, despite busy activity, is actually spent **waiting**. We wait for news, we wait for results, and we wait, waiting with others who are also waiting. At Advent, we turn to God in prayer. We are called to this **prayer-in-waiting** over this season. Prayerfully, we not merely await the Lord, but we wait with Him who is already present in the sacrament, in the Word, in our brothers and sisters who gather with us. With Him, we seek, yet again, the Light that He offers as we traverse the toils of the day and meet the rest of night. The Light of Christ is for all who yearn to walk in His ways. In this Light, we experience His teaching and healing, and will soon hold the infant King and proclaim "*Gloria in Excelsis Deo*".

Saint Paul's letter to the Philippians reminds us that "our citizenship is in heaven, and it is from there that we are expecting our Saviour." In the course of the year, we may have veered away from seeking God, and found the thrills and spills of the world to keep us occupied. We may have forgotten that we are God's people. The Saviour of the world sits at the right hand of the Father, and we, His brothers and sisters, are to live and act as persons of the Father's kingdom. Our Lord Jesus Christ has already shown us the way to true Christian living, and we have rituals and sacraments that make His presence real. As we wait, we ask Our Father to show us His face in the **Word-Made-Flesh** in our midst.

An Awareness Exercise for Advent

1. Ask God for the grace to wait for the Lord's coming.
 2. Pray for the Light of Christ to shine in and around you.
 3. Recall how and where you may have waited, with or away from God.
 4. Ask for God's forgiveness for the moments you neglected God.
 5. Look towards the coming of the Lord at Christmas.
- (Spend 10-15 minutes in prayer for the above exercise)*

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The Daily Examen is a prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. This ancient practice in the Church can help us see God's hand at work in our whole experience.

