

Be With Me Lord

Deuteronomy 26:4-10

Psalm 91

Romans 10:8-13

Luke 4:1-13

There is no text version of the homily this week, but there is an audio version. Enjoy!

Examen of Consciousness

Prayer for Light: Begin by relaxing into God's presence. Ask God to illumine your heart so that you can know yourself as the Holy Spirit knows you.

Thanksgiving: Spend a minute thanking God for very specific gifts you've received so far today, remembering poverty.

Survey of Actions: Look over the experiences of the day (since the last examen), focusing on the feelings that surfaced. Choose one experience that seems the most significant (either in a positive or negative way). Ask God these questions:

1. What are You teaching me thru this event?
2. God, in what ways did I fail to respond to you during the experience?
3. In what ways did I lovingly respond to during the experience?

Contrition: Ask for forgiveness for any failure to reverence the presence of God.

Response: What hope-filled desire do I offer to God based on what He has just revealed to me?

Feeling Words

Alive	Angry	Confused	Depressed	Fearful
Active Animated Brave Brilliant Cheerful Courageous Creative Dynamic Effective Energetic Enthusiastic Fearless Keen Lively Optimistic Productive Rejuvenated Sharp Vibrant Zealous	Aggravated Annoyed Burnt up Cranky Cynical Disgusted Enraged Exasperated Fed up Furious Grumpy Hostile Indignant Infuriated Irritated Mad Outraged Resentful Sore Upset	Awkward Bewildered Distracted Dumfounded Embarrassed Flabbergasted Hesitant Incredulous Indecisive Lost Mixed up Perplexed Puzzled Shy Skeptical Tearful Tense Trapped Uncertain Uncomfortable	Cheerless Choked up Dejected Disheartened Disgusting Frustrated Gloomy Heavy hearted In despair Lonesome Lousy Miserable Mournful Pathetic Spiritless Strained Terrible Unloved Unworthy Worn-out	Afraid Apprehensive Anxious Boxed in Fearful Frightened Horrorified Hysterical Intimidated Insecure Jumpy Nervous Overwhelmed Paranoid Panic stricken Petrified Restless Scared Terrified Uptight
Happy	Helpless	Hurt	Lovely	Sad
Blessed Blissful Carefree Contented Enlightened Favorable Fortunate Fulfilled Gratified Honored Important In high spirit Joyful Jubilant Lucky Overjoyed Proud Satiated Satisfied Thrilled	Alone Clumsy Defective Deficient Despair Discouraged Hopeless Inadequate Incapable Incapacitated Incompetent Ineffective Insufficient Inferior Paralyzed Powerless Unqualified Useless Vulnerable Worthless	Abused Alienated Betrayed Cheated Criticized Defeated Deprived Deserted Discarded Heart-broken Humiliated Insulted Mistreated Neglected Persecuted Put down Rejected Snubbed Tortured Victimized	Adorable Amorous Attractive Beautiful Captivating Charming Close Considerate Cute Delightful Devoted Elegant Enchanting Fascinating Irresistible Lovely Passionate Sensitive Sweet Tenderly	Blue Desperate Disappointed Discouraged Downcast Empty Excluded Friendless Grief-stricken Inconsolable In pain Let down Lonely Low Miserable Pathetic Pessimistic Torn Unfortunate Unhappy