

# Vocations

based on the The Examen

This prayerful practice is based on *The Examen* developed by Ignatius of Loyola and practised by many Christians today.

## Ask God for light

I want to reflect on my journey with God's eyes.

## Give thanks

I give thanks for God's calling and how God has used my gifts so far.

## Review

I carefully look back on what I have done, guided by the Holy Spirit, noticing where God has been present.

## Face shortcomings

I face up to the ways in which I haven't used my gifts well.

## Look to the future

I recognise my gifts and ask God to reveal how I should use them.