

Nightly Examen

Let us spend a few moments reflecting upon the events of the day: where it was that we responded to the action of God's Grace, and where we failed to live according to the law of God's love.

Dear Holy Spirit please bring to mind the Graces and blessings of this day, so that we may thank God for them. Please bring to mind the times we have failed to love and the times we have failed to respond to God's Graces, that we may seek His pardon and His help to do better tomorrow. Please help us to be more responsive to Your holy promptings. Amen.

(Here ponder the blessings, victories and failures of the day in the light of God's love)

V. Lord Jesus, You were sent to heal the contrite of heart : Lord have mercy.

R. Lord have mercy.

V. Lord Jesus, You came to call sinners : Christ have mercy.

R. Christ have mercy.

V. Lord Jesus, you are seated at the right hand of the Father to intercede for us : Lord have mercy.

R. Lord have mercy.

May Almighty God have mercy on us, forgive us our sins, and bring us to everlasting life. Amen.

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