

Ecological Examen



1. I give thanks to God for creation and for being wonderfully made.
Where did I feel God's presence in creation today?
2. I ask for the grace to see creation as God does – in all its splendour and suffering.
Do I see the beauty of creation and hear the cries of Earth and the poor?
3. I ask for the grace to look closely to see how my life choices impact creation and the poor and vulnerable. What challenges or joys do I experience as I recall my care for creation?
How can I turn away from a throwaway culture and instead stand in solidarity with creation and the poor?
4. I ask for the grace of conversion towards ecological justice and reconciliation.
Where have I fallen short in caring for creation and my brothers and sisters?
How do I ask for a conversion of heart?
5. I ask for the grace to reconcile my relationship with God, creation and humanity, and to stand in solidarity through my actions.
How can I repair my relationship with creation and make choices consistent with my desire for reconciliation with creation?
6. I offer a closing prayer for our Earth and the vulnerable in our society.

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