

IGNATIAN DISCERNMENT EXAMEN

Opening

Welcome, everyone. Today, we'll walk through the Ignatian Communal Examen, a reflective process that invites us to listen for God's presence and guidance as we consider the future of the Church. Let's open our hearts to the Holy Spirit as we move through each step together.

Step 1: OPENNESS AND PRESENCE

Take a moment to settle into silence. Breathe deeply and be aware of God's presence with us, here and now. Open your heart to God's guiding Spirit as we begin.

Step 2: REFLECTION ON THE QUESTION

Let's reflect on the following questions:

- What excites or challenges you about the future of the Church?
- How do you see the Church embracing the digital space?

Take a few moments to reflect quietly, use the space provided for notetaking.

Step 3: QUESTIONING AND LISTENING

Now, let's listen to one another. Share your feelings of consolation (peace, joy, hope) or desolation (confusion, fear, unrest).

- How are you feeling about the Church's future and its new challenges?
- · What stirs in your heart?

Step 4: GOING FORWARD

Remember, God walks with us on this journey. Trust that God is guiding us as we discern how to move forward together. Let's pray for the grace to embrace this journey with courage and hope.

Closing Prayer

Let us pray the final prayer together

Closing

Thank you for your openness. Let's continue to walk together, listening for God's guidance as we move forward in faith.