

THE ART OF EXAMEN

DEEPER GUIDE

"A man with leprosy came to him and begged him on his knees, "If you are willing, you can make me clean." Jesus was indignant. He reached out his hand and touched the man. "I am willing," he said. "Be clean!" Immediately the leprosy left him and he was cleansed." Mark 1:40-42

Jesus was moved with compassion, he reached out to the man with leprosy. This was a man who had been excluded from society – not only facing illness but also isolation. Jesus saw him, he was moved and he acted.

"It's the touch of Jesus that we bring"

Brother Juniper was one of the earliest Franciscan monks. Like Jesus in Mark and like Vincent Van Gogh in the story Brian told, Juniper was compassionate and generous. He literally gave away everything he had to the poor and would regularly return to the Abbey without clothes or supplies having given everything away. Juniper was reprimanded for this by the leader of his monastery and told not to give anything more away.

But the next day Juniper met a naked beggar on the road. When the beggar asked him to help Juniper replied he could not give him his cloak but if he took it from him he would not argue. St Francis of Assisi was amazed and inspired by Juniper often prayed for a 'forest of Junipers' in his order.



"Justice starts in a moment of compassion"
- Brian Heasley

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EXAMEN PRAYER

As mentioned in the film we'd like to encourage you to pray the Examen prayer each day this week. Check out the 24-7 Prayer website for information about how to do this. Particularly this week, use this structure to help you pray:

INVITE THE HOLY SPIRIT
GRATEFULLY REVIEW YOUR DAY
WHEN DID YOU CONNECT WITH JESUS?
PRAY ABOUT ONE THING THAT STANDS OUT
LOOK TO TOMORROW

DAILY READINGS

MONDAY

Genesis 16:13

At her lowest point, Hagar found that God was with her and she declared, "You are the God who sees me." Reflect on the idea today that God sees you and all you go through and he sees all those around you. Ask God to give you eyes to see the world as he sees it and to act in response.

TUESDAY

Micah 6:8

Compassion is more than just a feeling – it is something we choose to do in response to need. God spoke through Micah and talked of a marriage between acting justly and loving mercy – these ideas are at the heart of compassion. And in Micah we see these linked with walking humbly with God. Think about these ideas today and turn them into prayer.

WEDNESDAY

Matthew 9:36

Jesus had compassion on the crowds around him. All of those acts of goodness were rooted in a genuine love for each human being. Allow yourself to be moved by the world you see around you today.

Go to a crowded place and take a moment to experience the compassion Jesus felt as he watched the crowds around Him.

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THURSDAY

Luke 17:11-19

One person who was deeply impacted by the love Jesus had for people with leprosy was Francis of Assisi. Francis had a fear of Lepers and Leprosy yet overcame it one day confronted by a man with Leprosy on the road outside Assisi. He got down from his horse, hugged him and gave money to him. When he turned round after leaving him the man had gone. Francis decided that the man he hugged must have been Jesus.

Think about who are excluded people in our communities today – how can we love and include them?

FRIDAY

Psalms 89:14

The Psalmist writes that righteousness and justice are the foundations of God's kingdom. Think about foundations. They support everything in the house. Do you have this view of justice in your own life? Think about what changes you might make in the way you live to make justice a foundation.

SATURDAY

Matthew 12:20

Isaiah spoke of a Messiah who would deliver justice with gentleness and mercy. He would not break even the most fragile thing. Consider people you know who live lives of gentleness and mercy. How do they live? Why do they act that way?

What can you learn from them?

SUNDAY

John 12:3-8

Mary was like many followers of Jesus. She had lived a difficult life and was full of gratitude for the forgiveness; compassion and love Jesus had shown her. Many wonder what the point of acts of compassion are – can they change the world? Jesus changed the world with one life at a time and his mercy and justice transformed people's worlds. Spend some time in prayer and worship to the God of mercy today.



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DEEPER GUIDE EXTRA TIME:

Take some action

Give something away every day this week.
It can be small or big – whatever you feel is appropriate.

Allow yourself to see the world,
to be moved by compassion and then to act.