



“The Lord is near to all
who call on him”

Psalm 145:18

Talking to God While Shaving

Read: Mark 1:12-15

This week marks the beginning of Lent. In the gospel Jesus emerges from the desert and immediately instructs those listening to him to “repent and believe in the good news.”

In the spirit of Lenten renewal, I recently felt God inviting me to try an examination of conscience. The examination is a daily opportunity for personal reflection and repentance. Fr. Thibodeaux, in his book “Reimagining the Ignition Examen” stated that if you are consistent with the examination you will start to converse with God in every situation during your day.

I had forgotten his words until I was shaving one morning and a negative emotion emerged. I confronted the emotion, asked to be forgiven for my negative response, talked to God about it, and continued shaving. Then it hit me! I just did the Examine! Furthermore, I realized that I had started to talk to God more frequently because of the Examine.

Over time I noticed that I was continually engaging with God in periods of prayerful self-reflection. When I felt an action, emotion or thought emerging that was contrary to the gospel, I would identify it and seek repentance. This enabled me to change my perspective and align my actions with faith, hope and charity. My relationship with God grew as my life took a different direction. All this occurred because I started doing a daily examination. I was completely surprised.

Jesus wants us to repent and put our faith into action. The Examine is a great way to do so. If you haven’t chosen a Lenten project, I highly encourage you to try the examination of conscience. Check out the “Prayer Corner” on the other page for some great Lenten spiritual growth tools.