

DATE:

* * Rhythms of Grace * *

DAILY RITUAL WORKSHEET

Our days are rich with sacred practices, rituals, and invitations that we already do. The challenge is, we often don't realize that our morning routines, afternoon chores, daily delights, and regular rhythms hold sacred moments for encountering grace. This worksheet offers Ignatian Examen prompts to help you sift through your days for encounters with grace: to recognize them, name them, and make them intentional.

The Lord is in this place – in our days, in our routines, in our regular rituals. Might we know it.
In a word, this Daily Ritual Worksheet Guide is to help you know it.

“Surely God is in this place and I did not know it.”

–Genesis 28:16

MEET IGNATIUS. THE IGNATIAN EXAMEN WILL BE YOUR NEW BEST FRIEND.

Ignatius of Loyola believed that we could find God in all of the parts of our days – not just at church or while reading the Bible, but while doing the dishes, hiking the mountains, and yes – even when we're stuck in traffic. He taught his community the Examen to notice God's presence – a method of prayerful reflection of our days. Think of the Examen as a Grace Detector – by slowing down and sifting through our days, we can find moments of grace that we might overlook while we are rushing about.

“Think of the Examen as a movie playing in your head. Push the Play button and run through your day, from start to finish, from your rising in the morning to preparing to go to bed at night.” –Fr. James Martin, SJ

Remember, God's grace doesn't just meet us in our “peaceful” moments (**consolations**), but in our moments of frustration, disappointment, and dread (**desolations**). Your Daily Ritual Worksheet Guide will take you through consolations first, followed by desolations: both are rich opportunities for finding God. Wouldn't you long for God to meet you after you've spilled your coffee, lost your keys, and are running late to a meeting? Your desolations are equally rich spaces for rituals as your consolations.

NOW LET'S GET STARTED!

“Surely God is in this place and I did not know it.” –Gen. 28:16



The Lord is in this day.
Might we know it.

DATE:

* * Daily Consolations * *

INVITATIONS OF GRACE

Take a deep breath, get comfortable, and invite God into your reflection.

Sift through your week, including the margin time. Recall your days, starting in the morning. Let your daily logs jog your memory, but be sure to recall what didn't get on your to-do list. Be free to look or walk around your physical spaces to spur reflection.

- * Beginning in the morning, what do you look forward to in your day?
- * As you move throughout your day, be thinking of how your body feels. What parts of your day or routine calm you? Anchor you?
- * Pay special attention to the tasks you don't have on a to-do list in your prayerful reflection that anchor you in grace. What fills your margin or mindless time?
- * As your day's tape winds down, can you recall what parts of this reflection encouraged you? In what parts of your reflection do you feel your mind and body relaxing?



DATE:

Daily Desolations *

INVITATIONS OF GROWTH

Scan your days and take inventory of regular rituals that you may have overlooked last Examen. Pay special attention to monotonous or regular rituals you might resist, dread, or ones where you feel your body tensing up. Take a deep breath and invite God into your sacred reflection.

- * What practices do you do daily, or regularly, that you may overlook?
- * Are there any chores or rituals you resist? Dread?
- * In what ways might these monotonous rituals offer invitations of deeper formation?
- * How might God's grace be transforming you in these practices?



DATE:

* * Sacred Daily Rituals * *

Now the real fun begins!

From what you learned through your Examen, what are the practices that stick out to you? Remember to note both the practices that ground you in grace and the parts of your day that regularly trip you up – both are opportunities for deeper formation.

Consider this example. Your **grace practice** might be taking a walk outside after dinner; it frees you and grounds you. Your **growth practice** might be sweeping the floors: you dread it, you resist it... and in that, you find God's grace waiting for you in it. **Conversely**, you might struggle immensely with the evening hours and an evening walk may, in fact, be your invitation for growth. At the same time, your end-of-the-day clean-up of the floors may be a delightful highlight of your day!

Find rituals the ground you in grace and growth in light of how God has wired you!

Finally, remember that sacred rituals have three main characteristics:

- * 1. Repetition – a regular rhythm
- * 2. Intention – seeking the sacred
- * 3. Attention – engaged in encounter

As you implement your daily rituals based on your Examen, be sure to make them **repetitive** (daily, weekly, monthly) and **intentional**, and commit to being **attentive** while doing them.

Now it's up to you! What are your sacred daily rituals?

