



# A NEW THOUGHT OR TWO THIS THANKSGIVING

10 October 2021

## **Prayer of Examen**

More than 400 years ago St. Ignatius Loyola encouraged prayer-filled mindfulness by proposing what has been called the Daily Examen. The Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and to discern his direction for us.

### **Step 2 of 5 is: Review the Day with Gratitude.**

*(For the full Prayer of Examen, please visit the "Prayer Resources" section in the "Resources" section of our website: [Saanichbaptist.org](http://Saanichbaptist.org))*

Gratitude is the foundation of our relationship with God. Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. God is in the details.

**I'm thankful for:**

## **Giving Thanks Even Though**

“Even though” or “in spite of” prayer and thanksgiving may be the hardest form of prayer and thanksgiving to practice. If your current reality is challenging and hard, take a few moments to enter this unnatural space. Consider Psalm 23, Luke 22:15-20, Philippians 4:4-9)

**Is there someone in your life you need to say thank you to?**

