

Eucharistic Examen

This Eucharistic Examen is designed to be used as part of your “Walk with One” journey (see www.eucharisticrevival.org/walk-with-one for more info). Throughout each stage of the journey, pray this examen to help you discern the path the Lord is calling you to follow in accompanying another person towards Jesus.

Take

Opening Prayer: Ask God to help you be aware of his presence, to truly encounter him, and to open your heart to the person whom Jesus is bringing to mind.

Choose a Scripture passage in which Jesus calls a person by name, and sit with it. For example:

- Mt 4:18–22
- Mt 9:9–13
- Mt 14:22–33
- Mk 1:16–20
- Mk 2:13–17
- Lk 5:1–11
- Lk 5:27–32
- Lk 10:38–42
- Lk 13:10–17
- Lk 19:1–10
- Jn 1:35–42 and 43–51
- Jn 11:1–44 (esp. 43)
- Jn 15:1–17
- Jn 20:11–18
- Jn 21:15–19

Bless

Reflect on some aspect of the Paschal Mystery: Jesus’ Passion and Death, Resurrection, or Ascension.

Ask Jesus to shower his love upon the person for whom you are interceding, and pray for the courage to accompany the person in a spirit of self-giving and openness.

Break

Considering your daily and weekly routines, ask the Lord to show you how to break out of your comfort zone to make space to connect with the person for whom you have been interceding.

Invite the Holy Spirit to identify the next best concrete step, and pray in thanksgiving for the opportunity to build a new friendship.

Give

Ask the Holy Spirit to help you practice the art of listening and discern a concrete invitation you can give to your friend to draw closer to Jesus. Make a resolution about how and when you will extend this invitation.

Closing Prayer: Ask Jesus to help you keep your resolution as you journey on mission with him, making a gift of yourself for the life of the world.

“You go to the celebration of Mass, receive communion, adore the Lord and then what do you do after? You go out and evangelize. Jesus asks this of us. The Eucharist, then impels us to strong and committed love of neighbor... especially those who are poor, suffering, weary or who may have gone astray in life.” POPE FRANCIS to the Organizing Committee of the National Eucharistic Congress, 6/19/23