

■ Quick Reference Card ■

Questions for Deep Listening

- Where have you felt closest to God this week?
- What has been heavy or difficult?
- What has brought you joy or energy?
- When have you felt distant from God?
- What desire is stirring in your heart now?

Steps for Guiding the Examen

1. Gratitude — Give thanks for today.
2. Light — Ask the Spirit for clarity.
3. Review — Walk through the day's moments.
4. Contrition — Ask forgiveness where needed.
5. Hope — Look to tomorrow with trust.

Responding to Desolation

- Do not make major changes.
- Stay faithful to prayer and commitments.
- Share your struggle with a trusted companion.
- Recall times of consolation.
- Ask for God's help and patience.

Encouraging Freedom in Decisions

- What choice leads to greater love?
- Which option draws you closer to God?
- What are you clinging to? What can you release?
- Can you imagine making this choice in God's presence?
- Does this choice bring lasting peace?