

Daily Homily  
Twenty-Third Week in Ordinary Time, Friday  
11 September 2020  
[USCCB Daily Readings](#)

The one thing that has happened already with school being back in session, is that a new routine has been taken up again. One thing that the school does, is what St. Ignatius called a “*daily examen*.” This is a prayer technique of seeing. Through reflective questions we see where we are to be grateful for the gifts of the day. We see where God’s presence is in our day. We also see where we need additional growth for tomorrow.

So after everyone has lunch and recess, before they go home, over the PA system throughout the school and into the parish office a student will interrupt whatever it is we are doing – sometimes I am in an appointment – and they begin the “*daily examen*” prayer and ask different, various questions from day to day. Such as, Where did you see Jesus today? How will you be Jesus’ friend and a friend to others on the bus going home or on social media? How did going to Mass this past weekend help you to know Jesus better? Then we end with an Act of Contrition. It takes about three to five minutes.

It is a nice interruption. While the questions are geared more toward the children in the school, I find that they apply to me as well. The prayer itself makes me stop what I am doing and be more focused not on my activity but on Jesus activity for my day. The questions make me reflect that I should be thinking about where the Lord is in my day more consciously. They also help me to ponder where I need to go with him before the day is over.

If I am meeting with someone, have marriage preparation with a couple, or sitting down with staff when that PA system chimes, that moment of interruption, that moment of prayer is often jarring and uncomfortable at first. Those who are not used to it will look at me as if to say, “What is happening?” However, once they catch on, almost always they will say, “Wow, I needed that.” To which I respond, “Me too.”

The moment is a real eye-opener in many ways. It can help reveal logs so that splinters can be tended to as well.

For more on St. Ignatius’ technique on the “Daily Examen” click this link:  
<https://www.ignatianspirituality.com/ignatian-prayer/the-examen/>