

Ignatian Examen for Opening a Meeting

Here is a brief *Ignatian Examen* for opening a meeting—about two minutes. It adapts the Examen's movement from gratitude toward loving, concrete action.

Meeting Examen

Leader: Let us become aware of God's presence.

Pause briefly.

1. Gratitude

Lord, we thank You for bringing us together, for the people present, and for the opportunity to serve one another and the common good.

2. Purify our intentions

What am I bringing into this meeting—enthusiasm, anxiety, fatigue, defensiveness, or a desire to control?

Lord, purify my motives and help me seek what is true, good, and genuinely helpful.

3. Ask for grace

Jesus, give us the grace to be:

- humble-hearted enough to listen;
- gentle-hearted in our speech;
- patient with one another;
- forgiving when misunderstandings occur;
- merciful toward those carrying burdens;
- pure of heart in our intentions; and
- peacemakers who seek unity without avoiding the truth. [1]

4. Examine our purpose

What does this meeting most need from me?

Am I prepared to listen before speaking, to speak honestly and charitably, and to support a sound decision even when it is not my preferred one?

5. Entrust the meeting to God

Lord, guide our conversation by Your Holy Spirit. Help us distinguish what is important from what is merely urgent, and lead us toward decisions that serve the people entrusted to our care.

All:

Take, Lord, receive our understanding, our words, our preferences, and our work. Dispose of them according to Your will. Give us only Your love and Your grace; that is enough for us.

Leader: May our words be truthful, our listening attentive, our decisions wise, and our work an act of loving service. Amen.

For a shorter version, use this:

Lord, thank You for bringing us together. Help us to listen humbly, speak honestly and charitably, forgive quickly, and seek the good of all. Guide this meeting by Your Holy Spirit and conform our decisions to Your loving will. Amen.

Gratitude is especially appropriate at the beginning because it helps orient the participants toward trust, peace, praise, love, compassion, forgiveness, and service rather than resentment or self-interest.