

Post Retreat Examen

Dear friends, praised be Jesus Christ!

Congratulations on finishing a rather unique, virtual weekend retreat. You have just listened to approximately 115 minutes of talks related to God and His relationship with you. You've spent more time in prayer this weekend than you probably normally do, and that is good. God speaks to us during these sacred times, not audibly, normally, but within our heart. He speaks to us through inspirations of the Holy Spirit.

This time is the time to reflect in the notes you've taken, or the thoughts you've had to inspire you and to strengthen you to move forward. God always enlightens us with graces so that we might know where we need deeper conversion. So perhaps, God is giving you the grace to see that you need to be more patient with a certain person in your life. Or maybe He really just wants you to come closer to Him in prayer. Or perhaps He wants you to know that He loves you simply for who you are, and not what you do.

Take some time right now to reflect on the graces you've received to turn this weekend. You may now pause the audio to reflect at this time.



Friends, now's the time to make firm resolutions. We recommend 1 to 3 resolutions, no more, to ensure that you'll keep them. Oftentimes, we want to impose more hardships on ourselves, and God's not want that. He's a gentle God; a loving God who takes us for who we are, and brings us up to Him in a peaceful way.

If you felt that you needed to be more patient with so-and-so, then that would be one of your resolutions. I will think about the times that I've grown impatient with this person and will make a firm promise to overcome myself. Or if God is wanting me to come closer to Him, then maybe I'll make the resolution to take 15, 20, 30 minutes of my day to pray, to read the Bible, to listen to Him. Or if He's inspired me to let me know that He loves me simply for who I am and not what I do, maybe I can place less demands on myself. And not think of myself as better just because of what I do, but rather just simply rest, and being grateful for the person God's made me to be.

These resolutions are very important because we can easily forget the inspirations that the Holy Spirit provides, and move on to the next thing. But in simplicity: this is where God works, this is the place of conversion. You can use these resolutions to guide you in your daily examine, then you can gage if you're making headway in your process of conversion, and ultimately in deepening your relationship with God.

1.

2.

3.

One thing to keep in mind is to be gentle with yourself. Our path to come closer to our Lord is one of peace, and never of self-condemnation. God is ever merciful and forgives, even when we fall 70 times a day. So rest in His peace, rest in his love. The Carmelite Sisters of the Most Sacred Heart of Los Angeles pray for you daily, be assured of it. God bless you.