

## **Thanksgiving Examen Discovering Our “Sealed Orders”**

One of the ways God speaks to you is through your deepest feelings and yearnings, what Ignatius of Loyola (1491-1556) called “consolations” and “desolations.” Consolations are those experiences that fill you with joy, life, energy and peace. Desolations are those that drain you and feel like death. The questions below are one simple way of helping you get at your consolations and desolations. They help you discover the special purpose of your individual life and how God has uniquely fashioned you to give and receive love.

Take a few minutes for silence, becoming aware of God’s presence. As you do so, ask yourself these:

1. For what are you most thankful this past year?
  
2. For what are you least thankful this past year?
  
3. When did you feel most alive this past year?
  
4. When did you feel the most life draining out of you?

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### **WALL OF GRATITUDE**

One specific way God came to me this year for which I am thankful...

Name: - Optional - country of origin  
age