

AN INDIVIDUAL RACIAL AWARENESS IGNATIAN EXAMEN

ADAPTED FOR BLACK HISTORY MONTH

Ask the Spirit for wisdom and help: "God, open my eyes and my heart to seek racial justice"
Ask for the grace you need: "God, increase my awareness. Let me look at myself and others nonjudgmentally and with love."

Thank God: "For all gifts of my life: (list what you are thankful for). Thank you God for the diversity of life—for the variety of plants and animals that add so much to the wonder and delight in our world, and for the diversity of humanity, both my own culture and that of others. As part of the natural world, we too vary: in our genders, our languages, religions, our skin, hair, and eye colors, our different abilities. We are all one, made in your image, an image that encompasses all of creation."

Let your memory take over and see what instances of racial awareness stand out to you: media reports, TV or movie portrayals, or especially personal experiences and interactions with those whose skin color or ethnicity is different from yours. Consider how this diversity has both enriched and challenged you. Sit quietly with your feelings and thoughts. Remember, feelings and thoughts are neither positive nor negative; they just are. Accept what comes without judgement.

Pick one thing that "speaks the loudest" to you from step 3. Perhaps it is joyful or inspiring. It just might be the thing that makes you most uncomfortable. Notice the feeling that arises, and stay attuned to that. Pray for the Spirit to help give you insight: "What am I hearing?"
Ask: "What am I to learn from my reflection? Is there anything I need to be more aware of, or change, or do as a result of my prayer today?"

Thank God again for the opportunity to heighten your awareness and ask for the grace you need to move forward, to be more aware and open. Close by speaking to God either a familiar prayer like the Our Father, or one that comes from deep within you. Offer yourself and your life to God. Rest in God's loving embrace.

