

Ecological Examen

Calm yourself before God.

Become aware of God's presence.

Ask God to bring you clarity and understanding.

Ask God to compassionately, kindly open up for you places in your day where you benefited from the environment, creation, and privilege; and, where you continued the cycle of privilege.



Reflect upon your day yesterday, slowly moving through the moments, even the mundane.

How did your daily routine go yesterday? (read slowly, with space between each idea to reflect) From waking up, getting ready for work, having clean, running water to take a shower, brush your teeth, make your coffee; to your commute, to where you sat or stood at work, the technology you used, the relationships you engaged in, via technology, and in person, commuting back home, coming into your home in the evening, preparing food and eating dinner, any other activities, going to bed.

When did you feel the joy, love, grace, and beauty of God?
When did you feel unsure, unheard, disrespected, or fearful?
When did you show joy, love, and grace in the face of adversity?



How would your day have been different if you were living at the margins in a changing climate?
Would this change any of your joyful feelings into discomfort, annoyance, or frustration?
Would it shift any of your moments of frustration into more patience or joy?
What was the weather yesterday? How did you prepare for it? What if you didn't have the resources to have varied clothing or temperature systems?

How long was your commute? What was the environmental impact of it?

How is your health? Has climate change impacted it already? Did you buy something yesterday? Was it something you wanted or needed? How would your day have been different if you couldn't buy food that you needed?

Did you throw something away yesterday? Any plastic or otherwise? Would you have purchased something differently if you knew it or the packaging would end up in a landfill?

What did you eat yesterday? Where did the food you ate come from? What did it need from nature to grow? Did you eat with slow intentionality & gratitude, or rush through eating?

How is your home? Upon whose land do you live? What would you feel if you knew you were going to have to move soon because of rising tides, conflict, or intense drought?

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What moments can be reminders to be aware of and make a positive impact in unjust systems for people and the Earth? As you reflected, what moments in the day stand out to you as your privilege on this earth?

Are there one or two moments that, when they happen again tomorrow, you could use as an "notification alert" in your mind to make you intentionally be aware of the throwaway culture in which we live and participate?

When you are in those moments, what is one way you can choose to support ecological solidarity, joy, love, and justice for all?

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Take a moment to ask God for the grace and courage to be a healing force for ecological well being.