



## **Suggested prayerful review of Accompaniment**

It is good to review spiritual accompaniment every so often in the spirit of the *examen*. This gives opportunity to look back over the time of spiritual accompaniment and see what has been helpful and what less so. It may be helpful to review your notes or journal the day or evening before you begin this prayerful review.

The review should be approached in a spirit of freedom and openness to the outcome.

The following prompts are offered for reflection:

- As I begin, I ask God to fill me with loving kindness and I ask God to lead this prayer time.
- I spend a few moments in gratitude, thanking God for the one or two of the blessings, big and small, that I've received today.
- As I look back over the time of accompaniment, going session by session since my last review, I ask God to reveal all the gifts and graces God has given me in spiritual accompaniment. I relive each significant moment. I imagine God and myself watching these grace-filled moments. We observe not only what happened, but also what was going on deep in my heart.
- I pause at any difficult moments and missed opportunities. When I find moments in which I was not present to God's invitation I ask for understanding and forgiveness. I try to let God's healing mercy wash over me.
- I ask God to give me an overview of my relationship with my spiritual director. Not a blow-by-blow analysis, but a quiet, contemplative summary so I can see the whole relationship.
- What has the relationship meant to me? Has it led me closer to God, or farther away? What has been the most difficult part of this relationship? The most enjoyable? I speak with and listen to God about all of this.
- I ask God to show me, concretely, any areas in need of attention in the spiritual accompaniment relationship and I ask how God would like me to respond.
- I thank God for this time of prayer