

“Industry Examen” Practice

Read: This is an Industry Examen, a spiritual practice designed to recognize God in our work and industries. We go around, each in turn, responding to the questions prompted by the facilitator. The goals are honesty, reflection, and discernment. We try to find quiet, uninterrupted places to meet, and you are welcome to eat during this time. We lay out some common ground rules that facilitate maximum benefit for all participants. First of all, no cross talk please. Cross talk is interrupting, fixing, or offering unsolicited advice during a share. We refrain from saying anything until the person sharing is done. Upon closing a share, we simply reply with the spiritual discipline of gratitude. “Thanks” or “thank you for sharing” suffices. You may also take a “pass” if you do not wish to share after a particular question. Please keep in mind the number of people present and limit your shares to the time limit prescribed by the facilitator, as each goes in turn in the order determined by the facilitator.

Facilitate the following questions and go around in order:

1. Reflecting back on my workday, what do I need to notice? What do I need to see? Clarity is a gift and should be sought after. (ASK GOD FOR LIGHT)
2. Did I experience any strong emotions at work today, *e.g.*, fear, resentment, shame, or joy, fulfillment, purpose? (REVIEW THE WORKDAY)
3. What am I grateful for today? (DISCERNMENT OF GRACES AT WORK)
4. The seven deadly sins are: pride, greed, lust, envy, gluttony, wrath and sloth. What sin is my work susceptible to? (DESOLATIONS LEADING AWAY FROM GOD)
5. Am I hiding anything that for danger to my soul needs to get out into the open as soon as possible? (DESOLATIONS LEADING AWAY FROM GOD)
6. Is the Spirit prompting me to make any amends? Changes? Attitude adjustments? What are they? (CONSOLATIONS LEADING TOWARDS GOD)
7. What new possibilities do I now see? What new vistas? Inspirations? Innovations? (CONSOLATIONS LEADING TOWARDS GOD)

Close with a prayer selected from our Fellows’ Breviary:

This can be read aloud by facilitator, a selected individual, or altogether.

PRAYERS APPOINTED FOR THE WEEK

Remember, O Lord, what you have wrought in us and not what we deserve; and, as you have called me to your service, make me worthy of your calling; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen. †

CONCLUDING PRAYERS OF THE CHURCH

Lord God, almighty and everlasting Father, you have brought me in safety to this new day: Preserve me with your mighty power, that I may not fall into sin, nor be overcome by adversity; and in all I do direct me to the fulfilling of your purpose; through Jesus Christ my Lord. Amen. †

PRAYERS OF REPENTANCE

Most holy and merciful Father:

We confess to you and to the whole communion of saints in heaven and on earth,
that we have sinned by our own fault in thought, word and deed;
by what we have done, and by what we have left undone.*

We have not loved you with our whole heart, mind and strength.

We have not loved our neighbors as ourselves. We have not forgiven others, as we have been forgiven.

Have mercy on us, Lord.*

We have been deaf to your call to serve as Christ served us. We have not been true to the mind of Christ.

We have grieved your Holy Spirit. Have Mercy on us, Lord.*

We confess to you, Lord, all our past unfaithfulness:

the pride, hypocrisy, and impatience of our lives. We confess to you, Lord.*

Our self-indulgent appetites and ways, and our exploitation of other people, We confess to you, Lord.*

Our anger at our own frustration, and our envy of those more fortunate than us, we confess to you, Lord.*

Our intemperate love of worldly goods and comforts, our dishonesty in daily life and work,

We confess to you, Lord.*

Our negligence in prayer and worship, and our failure to commend the faith that is in us,

We confess to you, Lord.*

Accept our repentance, Lord, for the wrongs we have done:

for our blindness to human need and suffering, and our indifference to injustice and cruelty,

Accept our repentance, Lord.*

For all false judgments, uncharitable thoughts toward our neighbors,

and for our prejudice and contempt toward those who differ from us,

Accept our repentance, Lord.*

Restore us, good Lord, and let your anger depart from us. Favorably hear us for your mercy is great.*

Accomplish in us and in all your church the work of your salvation,

That we may show forth your glory in the world.*

By the cross and passion of your Son, our Lord, bring us, with all your saints, to the joy of his resurrection. Amen.*

A PRAYER FOR MY SPOUSE

God, please show me how to keep

my spouse's happiness utmost in my mind today;

As I try, by your grace, to make this relationship right.

Please protect my spouse from all of my wrongs.

Help me to seek to console than to be consoled,

to comfort than to be comforted,

to understand than to be understood,

and to love than to be loved.

For it is in giving that we receive,

it is in pardoning that we are pardoned,
it is in dying that we are born again to eternal life. Amen.

A PRAYER FOR MY FAMILY

God, please show me how to find the way of Patience, Tolerance, Kindness and Love in my heart, my Mind and my Soul.
Lord, show me how to demonstrate these principles to my family and all those about me. Amen.

LITANY OF HUMILITY

O Jesus! meek and humble of heart, Hear me.
From the desire of being esteemed, Deliver me, Jesus.
From the desire of being loved...
From the desire of being extolled...
From the desire of being honored...
From the desire of being praised...
From the desire of being preferred to others...
From the desire of being consulted...
From the desire of being approved...
From the fear of being humiliated...
From the fear of being despised...
From the fear of suffering rebukes...
From the fear of being calumniated...
From the fear of being forgotten...
From the fear of being ridiculed...
From the fear of being wronged...
From the fear of being suspected...
That others may be loved more than I, Jesus, grant me the grace to desire it.
That others may be esteemed more than I...
That, in the opinion of the world,
others may increase and I may decrease...
That others may be chosen and I set aside...
That others may be praised and I unnoticed...
That others may be preferred to me in everything...
That others may become holier than I, provided that I may become as holy as I should...
Jesus, grant me the grace to desire it.

PRAYER FOR PEACE

Forgive me, most gracious Lord and Father, if this day I have done or said anything to increase the pain of the world.
Pardon the unkind word, the impatient gesture, the hard and selfish deed, the failure to show sympathy and kindly help
where I had the opportunity, but missed it; and enable me so to live that I may daily do something to lessen the tide of
human sorrow, and add to the sum of human happiness. —F.B. Meyer, from Prayers for Peace

SET A WATCH UPON MY TONGUE

O Lord, set a watch upon my tongue; that I may never speak the cruel word which is untrue; or, being true, is not the
whole truth; or, being the whole truth is merciless. —A Boy's Prayer Book

SAINT PATRICK'S BREASTPLATE

I bind unto myself today
The strong Name of the Trinity,

By invocation of the same,
The Three in One and One in Three.

I bind this day to me for ever.
By power of faith, Christ's incarnation;
His baptism in the Jordan river;
His death on Cross for my salvation;
His bursting from the spiced tomb;
His riding up the heavenly way;
His coming at the day of doom;
I bind unto myself today.

I bind unto myself today
The power of God to hold and lead,
His eye to watch, His might to stay,
His ear to hearken to my need.
The wisdom of my God to teach,
His hand to guide, His shield to ward,
The word of God to give me speech,
His heavenly host to be my guard.

Against the demon snares of sin,
The vice that gives temptation force,
The natural lusts that war within,
The hostile men that mar my course;
Or few or many, far or nigh,
In every place and in all hours,
Against their fierce hostility,
I bind to me these holy powers.

Against all Satan's spells and wiles,
Against false words of heresy,
Against the knowledge that defiles,
Against the heart's idolatry,
Against the wizard's evil craft,
Against the death wound and the burning,
The choking wave and the poisoned shaft,
Protect me, Christ, till Thy returning.

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

I bind unto myself the Name,
The strong Name of the Trinity;
By invocation of the same.
The Three in One, and One in Three,
Of Whom all nature hath creation,

Eternal Father, Spirit, Word:
Praise to the Lord of my salvation,
Salvation is of Christ the Lord.

PRAYER FOR UNITY

O God, we are one with you, You have made us one with you.
You have taught us that if we are open to one another, You dwell in us.
Help us to preserve this openness and to fight for it with all our hearts.
—Thomas Merton, from *The Seven Storey Mountain*

RAVENSBRUCK PRAYER

Lord, remember not only the men of good will, but also those of ill will. But do not remember all the suffering they have inflicted upon us. Remember rather the fruits we have brought, thanks to this suffering: our comradeship, our loyalty, our humility, the courage, the generosity, the greatness of heart that has grown out of this. And when they come to judgment, let all the fruits we have borne be their forgiveness.
— *found on a scrap of wrapping paper at the liberation of Ravensbruck Concentration Camp*

MEDITATIVE PRAYERS

“I believe help my unbelief.” (Mark 9:24)
“Thy will not mine be done.” (Luke 22:42)
“My God my God why have you forsaken me.” (Matt 27:46)
“Lord Jesus Christ, Son of God, have mercy on me, a sinner.” (Luke 18:13 - “The Jesus Prayer” - a “breath prayer”)

PRAYER OF SAINT FRANCIS

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
and where there is sadness, joy.
O Divine Master, grant that I may not so much seek to be consoled as to console;
To be understood as to understand; To be loved as to love.
For it is in giving that we receive;
It is in pardoning that we are pardoned;
And it is in dying that we are born to eternal life. Amen.

THE CRY OF THE CHURCH

Even so, come* thou long expected Jesus.

FIRESIDE PRAYER

Dear Lord and Father of mankind,
Forgive our foolish ways;
Reclothe us in our rightful mind;
In purer lives Your service find,
In deeper reverence praise.

Drop your still dews of quietness,
Till all our strivings cease;
Take from our souls the strain and stress,
And let our ordered lives confess
The beauty of Your peace.

Breathe through the heat of our desire
Your coolness and Your balm;
Let sense be dumb, let flesh retire;
Speak through earthquake, wind and fire,
O still small voice of calm!

In simple trust like theirs who heard,
Beside the Syrian sea,
The gracious calling of the Lord,
Let us, like them, without a word,
Rise up and follow Thee.

ALL OR NOTHING PRAYER

Heavenly Father, I am having trouble with personal relationships. I can't control my emotional nature. I am prey to misery and depression. I can't make a living. I feel useless. I am full of fear. I am unhappy. I can't seem to be of real help to others. I know in my heart that only you can restore me to sanity if I am just willing to stop doubting your power. I humbly ask that you help me to understand that it is more powerful to believe than not to believe and that you are either everything or nothing.

PYSON'S HORAE

God be in my head, and in my understanding; God be in my eyes, and in my looking;
God be in my mouth, and in my speaking; God be in my heart, and in my thinking;
God be at my end, and at my departing.

THE SET ASIDE PRAYER

Dear God please help me to set aside everything I think I know about [people. place or thing] so I may have an open mind and a new experience. Please help me to see the truth about [people. place or thing]. AMEN." (This prayer comes from the "Big Book" of AA: Chapter to the Agnostic, primarily pages 47 and 48).

AA THIRD STEP PRAYER

God I offer myself to Thee,
to build with me and to do with me as Thou wilt.
Relieve me of the bondage of self that I may better do Thy will.
Take away my difficulties, that victory over them may bear witness
to those I would help of Thy Power, Thy love & Thy way of life.
May I do Thy will always.

SERENITY PRAYER

God, grant me the serenity to accept the things I cannot change;
Courage to change the things I can, and wisdom to know the difference.
Living one day at a time; enjoying one moment at a time;
Accepting hardships as the pathway to peace.

Taking, as He did, this sinful world as it is, not as I would have it.
Trusting that He will make all things right if I surrender to His will;
That I may be reasonably happy in this life
and supremely happy with Him forever in the next.
Amen.

A PRAYER FOR MY ENEMY

May you be happy, May you be free,
May you be loving, May you be loved,
May every fiber of your being resonate to the glory
To which God calls you,
May you be successful in every endeavor,
May you experience the fullness of peace in body and soul,
May you know the Lord in all his goodness,
May you forgive every transgression,
I forgive you with all my heart and soul,
May you know what it means to be a child of God,
May you experience the glory of possessing the kingdom of God,
May you live and walk in peace and fellowship
With all of God's creatures,
May every blessing be yours,
May goodness and love show itself in everything,
That you do and all that is done to you,
May you be one with all of God's creation,
May you experience the blessings of God's grace for all eternity!

WATCH, O LORD

Watch, O Lord, with those who wake, or watch, or weep tonight, and give Your angels and saints charge over those who sleep. Tend Your sick ones, O Lord Christ. Rest your weary ones. Bless your dying ones. Soothe Your suffering ones. Shield your joyous ones, and all for your love's sake. Amen.

NUNC DIMITTIS

Lord, you now have set your servant free to go in peace as you have promised; for these eyes of mine have seen the Savior, whom you have prepared for all the world to see: a Light to enlighten the nations, and the glory of your people Israel. Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever.
Amen.