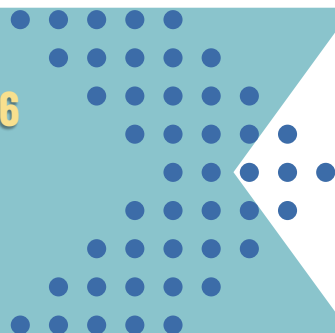




Vocation

NOVEMBER 2026

REFLECTIONS



**Five
minutes
can change
how you
live.**

The Daily Examen is not about having a perfect day; it is about becoming more aware of how you live each day. With practice, you may begin to recognize patterns in your relationships, discover what draws you closer to God, and see more clearly the person you are becoming. You may even notice God inviting you to something deeper, including a new way to serve, a change of heart, or a vocation.

Tonight, before you fall asleep, give God five minutes. Put down your cell phone, open your heart, and ask: "Lord, where were You in my day?" You might discover that He was speaking more often than you realized.

What if God has been speaking to you all day? *¡Dios nos habla!*

by Sister Raquel Ortiz, SSND

Have you ever reached the end of the day and wondered, where did the time go? Did I make a difference today? Between classes, work, friends, family, it is easy to move through life without stopping, and most importantly, to notice what is happening in our hearts.

St. Ignatius of Loyola offers us a simple but powerful practice called the **Daily Examen**. It is a few minutes of prayer to help us look back on our day with God, recognize His presence, understand our choices, and become more intentional about how we live. It is about growing in friendship with God and learning to recognize His voice in our everyday experiences. Think of it as a spiritual pause button: a moment to reflect, and let God show you what your busy day might have hidden. Are you ready to push the pause button? Here are five steps to begin!

1. Become aware of God's presence. — Pause and breathe. Find a quiet place, put your phone aside, and take a few slow breaths. Remember that God is already with you. Simply pray, "Lord, I am here. Help me see this day through Your eyes."

2. Give thanks. — Notice the gifts. Identify the blessings of your day, big or small. Maybe a friend made you laugh, you accomplished something difficult, or you simply had food to eat and a safe place to rest. Gratitude opens our eyes to the ways God loves us through people, opportunities, and ordinary moments. For what are you grateful?

3. Review your day. — Look beneath the surface. Replay your day like a movie, from morning to night. When did you feel most alive, peaceful, loved, or connected to God? When did you feel distant, anxious, selfish, or discouraged? Where did you notice God today, and where might you have missed Him?

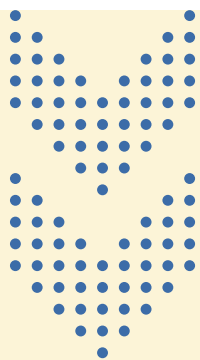
4. Ask for forgiveness and healing. — Be honest with God. Bring to God moments you regret: the harsh words, the ignored person, the promise you did not keep, or the opportunity to help that you let pass. Ask for forgiveness, healing, and the grace to make things right when possible. What do you need to let go of, repair, or learn from?

5. Look toward tomorrow. — Choose one step forward. Imagine the day ahead and ask God to guide your choices. Is there someone you need to forgive, encourage, or reach out to? Is there a decision that requires courage? Choose one practical way to live with greater love tomorrow. End with a simple prayer: "Jesus, thank You for walking with me today. Help me recognize You tomorrow and love others as You love me. Amen."



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Looking Ahead

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or visit ssnd.org/events.



NOVEMBER 2026



National Vocation Awareness Week (U.S.)
November 1-7, 2026



Young Adult Evening Prayer
November 24, 2026
8 p.m. ET / 7 p.m. CT via Zoom

Young Adult Evening Prayer
December 22, 2026
8 p.m. ET / 7 p.m. CT via Zoom

God's cause
is the *only concern* of
our hearts
Blessed
Theresa
of Jesus
Gerhardinger

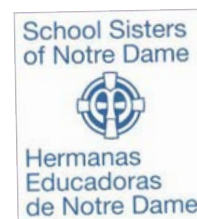
La
causa de Dios
es la *única preocupación* de
nuestros corazones
Beata Teresa de Jesús Gerhardinger



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Vocation Reflections is a monthly newsletter for those interested in learning more
about discernment, prayer, and other topics related to the consecrated/vowed life.
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