

# Arise and Go With Haste!

Caritas Internationalis



World Day of the Poor /World Youth Day - Week of Prayer and Action 2023

## World Youth Day Examen

Sunday 26 November, 2023

### Welcome and Introduction

Hello and thank you for joining us on this 2023 World Youth Day weekend! We're glad that you spent the week praying, reflecting and acting with us; and we hope that you've been inspired to discover new ways to serve, accompany and defend the poor.

We'll spend the next 30 minutes guiding you through an exercise inspired by the Examen Prayer of St. Ignatius of Loyola, to help you to reflect on everything that you've experienced over this past week.

To get started, all you need is this recording and anything you need for a comfortable and safe 30-minute walk around your community. You may choose to take notes, to take pictures, or simply to take it all in quietly. Set yourself up so that you can immerse yourself in this experience, in a truly calm and reflective space. Try to choose a route that's familiar to you, and open yourself to the possibility to see it in new ways.

So, as the theme of this World Youth Day says, it's time now for you to 'Arise and Go with Haste!' and begin your walk.

### Part 1: Give Thanks

As you begin your walk, visualize three things that you experienced in this past week that you are grateful for. As you think of these things, say a prayer of thanks for each one and try to think of how God was present in all of them.

Now, think of what you chose to give up at the beginning of this week. Did going without it cause you any challenges? In this 'poverty', did you learn any lessons?

Say a prayer of thanks that, under normal circumstances, you do not have to go without it; but also a prayer of thanks for the opportunity you had this week to appreciate it in a new way.

## Part 2: Ask

Now, take a moment to invite God on this walk with you. Ask to be enlightened, so that as you pass through your community, you can observe your surroundings in the way that God wants you to see them.

Look around you. Where do you see evidence of poverty? Is it in the face of any of the people that you're passing? Is it in a window that's been broken and perhaps there's no money to fix it? Or maybe in an area of nature that's being damaged by our changing climate?

Have you always noticed these 'scars' in the landscape you're so familiar with, or are you just now becoming more aware of the poverty that exists in your community? Did you notice any new forms of poverty in your community this week, that you never noticed before?

In each of the signs of poverty that you are observing right now, where do you see God present?

Say a prayer, and ask God to always keep your eyes and your heart open to these signs of poverty in your community, and to the new ones that will emerge in the future.

## Part 3: Review

Next, think of the past week and the journey that you've been on to reflect on the place of the poor in your life, and how you can best serve, accompany, and defend those living in poverty. Think of three significant moments that you experienced this week. Perhaps it was when you noticed something in your community for the first time, or gained a new perspective on an issue connected to poverty. Or perhaps a moment when you discovered your own poverty. Why were these moments significant?

If you hadn't experienced these moments this week, do you think that you would see your current surroundings in the same way right now? What would be different or the same?

Say a prayer, to ask God to help you to always remember the lessons you learned and the feelings that you experienced in these moments, and to help you to remain open to moments like this in the future.

## Part 4: Seek Forgiveness

Now, reflect on the moments this week that you found challenging. In this year's World Day of the Poor Message, Pope Francis asks us to remember Tobit's advice from the Old Testament to not turn our faces from anyone who is poor. Were there times this week where you saw poverty, but turned your face away from it?

As you walk, look for someone, or evidence of someone, who is hungry... who is thirsty... who is naked... who is homeless... who is sick ...who is in prison. Did this week reveal to you that in the past you have turned your face away from a type of poverty in your community without even realizing it?

Ask God for forgiveness for failing to serve these people, but also let yourself feel the warmth of God's forgiveness, knowing that as you walk - both today and throughout your life - you are always in the presence of a merciful and loving God.

## Part 5: Resolve to Change

As you bring your walk to a close, think about the commitments that you'd like to make moving forward. Let the end of this walk be the beginning of a new journey for you to serve, accompany and defend the poor.

Ask yourself: in what ways can I commit to being a shining light for those living in poverty?

In what ways can I commit to always having open eyes, open ears and an open heart to the poor?

In what ways can I commit to shaking off my fears, especially in situations that make me feel a little uncomfortable, so that I can truly encounter others in my community?

Say a prayer, and ask God to always bless you with the strength, love and openness that you need to keep all of these commitments that you've just named. **Remind yourself that you are a light in this world!** You do have the ability to observe your surroundings, and turn the observations that you take in, into positive actions that you put back. And, with God beside you, you have nothing to be afraid of when you open yourself to genuine encounters with others.

**Glory be to the Father, to the Son, and to the Holy Spirit  
as it was in the beginning  
is now and ever shall be,  
world without end.  
Amen.**

Download this Examen as an audio file at  
[www.caritas.org/prayeraction2023](http://www.caritas.org/prayeraction2023)