



Photo: Miriam Lopez

# Forced to Flee An Ignatian Examen

**‘I was a stranger and  
you welcomed me.’**

Matthew 25: 35



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**The following is an adaptation of the the Ignatian Examen through the lens of forced migration. Find a quiet place, take a few deep breaths, and reflect on the following:**

### **Gratitude**

I am grateful to God for creation and for inviting me to see God's presence in all things. Jesus reminds us that the stranger can be a place of encounter with God when he says, "I was a stranger and you welcomed me."

*How can I prepare myself to be grateful for the the presence of God through the presence of the stranger?*

### **Awareness**

I seek the grace to see the world as God does—in all its splendour and suffering. God desires a place of well-being for all, yet many are denied a safe place to call home and are forced to flee their homes due to conflict, violence, poverty and climate change.

*How does my country protect the rights of refugees, asylum seekers and people facing forced migration?*

### **Reflection**

I seek the grace to closely examine how my life choices affect the poor and vulnerable.

*How can I move from indifference to solidarity with the marginalized, especially those who are forcibly displaced?*

### **Response**

I seek the grace of conversion towards justice and human dignity in addressing forced migration.

*In what ways have I or our society failed to protect the rights of forcibly displaced persons, and how might I contribute to change, both personally and in my society?*

### **Action**

I seek the grace to engage in acts to prevent the forced displacement of people.

*What forms of advocacy can I engage in to help forcibly displaced persons maintain their human dignity, safety, and access to their rights?*