

The Visitation: 2/19/26

One of the things I think is very underappreciated is the simple prayer of thanks to God. In the examen, it invites us to name each blessing of the day, and every one. I felt that this is very powerful, because we need to give thanks to God more. We often accept things for granted and forget that each and every breath we take is a blessing. One of the greatest blessings that Mary and Elizabeth received was the presence of Jesus in their lives. The joy brought by recognizing these blessings also is amazing. I invite us as humans to praise God more and thank Him more and be a conduit of His joy.

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