

Prayer of Examen

Once you are ready to begin, make sure you are in a comfortable and relatively quiet location that is conducive for reflection. You can spend as little or as much time as you like. As you review your day, it might also be helpful for you to journal your thoughts and recollections or to write out what you notice during your time of reflection.

Recognize the presence of God

Be still for a few moments and acknowledge that you are with God.

Look at your day with gratitude

Acknowledge God in both the big and small things of life.

Review your day

When or where in the past 24 hours did you feel you were cooperating most fully with God's action in your life? When were you resisting?

Ask yourself:

- What habits and life patterns do I notice?
- When did I feel most alive? Most drained of life?
- When did I have the greatest sense of belonging? When did I feel most alone?
- When did I give love? Where did I receive love?
- When did I feel most fully myself? Least myself?
- When did I feel most whole? Most fragmented?

Respond to your discoveries

- Seek forgiveness
- Ask for direction
- Share a concern
- Express gratitude
- Resolve to move forward