

Examen Prayer

Step 1: Take some time

Set aside some quiet time at the end of the day

Step 2: Become aware of God's presence

Ask God to help you become aware of His presence with you.
You might find lighting a candle or holding a cross helps you.

Step 3: Thank God for the day's blessings

As you think through your day, what are you thankful for? Where was God at work? Thank God for the day's blessings.

Step 4: Review the day with Jesus

Review the day with Jesus and be aware of your emotions.
Have you felt anger? Jealousy? Compassion? Joy? Boredom?
Talk to Jesus about those emotions and reactions.
Is there anything you need to ask His forgiveness for?

Step 5: Choose one thing to pray for

Choose one feature from the day and pray for it. It may be a conversation that stands out, or something that happened or an emotion you felt.

Step 6: Look forward to tomorrow

Look forward to tomorrow. How do you want to live differently? How can you become more aware of God's presence? How can you become more aware of the gifts of the day?

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