

## TRANSITION

I pray, asking the Holy Spirit to help me become aware of the love with which God looks upon me as I begin this practice of Examen.

### STEP ONE

I notice the gifts that God's love has given me this day and I give thanks to God for them.

### STEP TWO

I ask God for insight and the strength that will make this practice of Examen a work of grace; fruit beyond my human capacity alone.

### STEP THREE

I review the last day with God. I look for stirrings in my heart and the thoughts that God has given me this day. I look also for those that have not been of God. I review my choices in response to both throughout the day and in general.

### STEP FOUR

I ask for the healing touch of the forgiving God who, with love and respect for me, removes my hearth's burdens.

### STEP FIVE

I look to the next day and, with God, plan concretely how to live it in accord with God's loving desire for my life.

### CLOSING

Finally, aware of God's presence with me, I prayerfully conclude this practice of Examen.

# PRAYER OF EXAMEN

## Summary

### ➤ OVERVIEW

The purpose of this prayer practice is to help us become more God-centered throughout our daily lives. The Examen invites us to process our lives each day with God and before God by carving out a few moments of solitude in the midst of every day and reflect on what is going on and where our actions and choices are taking us (toward or away from God). It is a form of discernment because it enables us to look concretely at events and ask:

- Where is God in this situation?
- How is God leading me?
- What is God saying to me?
- How was God there for me in that specific experience?
- What in my present situation is leading me to God and others in love?
- What is leading me away?
- What is the underlying spirit in my dealing with others?
- What is really going on and what's happening in my life these days?

### ➤ THE WHOLE POINT

To become more God centered by observing the moments when we are and are not God-centered.

### ➤ OTHER QUESTIONS TO CONSIDER

- What gave me life?
- When did I give and receive the most love?
- When did I feel the most alive today?
- For what do I feel most grateful?
- Where did I most encounter or see God?
- What sucked the life for me?
- When did I experience a surge of energy?
- When did I give and receive the least love?
- What do I hope stops happening?
- Where did I want to linger longer?
- When did I feel most draining out of me?
- For what am I least grateful?
- How did I not encounter or see God?