

# The Examen



## AWARENESS OF GOD'S PRESENCE (2 MINUTES)

Find a quiet place where you can avoid distractions. Once you find a spot, take a few minutes to settle your thoughts. Sit in stillness, inviting the Father, Son, and Holy Spirit to speak to you and help you recall the events and emotions of the past day.

## REVIEW THE DAY (3 MINUTES)

Think through the day, mindful that God is present in each moment. Make a simple timeline of events from the last 24 hours, both at work and at home. Include conversations, activities, and meals; list significant incidents, as well as the "mundane."

- Which experiences stand out?
- Where do you see God as you review the day?
- What moments elicit thanksgiving?

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## REFLECT ON EMOTIONS (3 MINUTES)

Our emotions shape our thoughts and responses, as well as impact our spiritual well-being. List out the emotions you experienced over the past day. Give special attention to the ways that the day's feelings affected you mentally and spiritually.

- What moments of contentedness or joy did you experience?
- What moments of sadness or fear did you experience?
- What emotions drew you closer to God? What feelings made you feel distant?

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PRAY THROUGH A MOMENT (5 MINUTES)

Review your list of events and emotions. Invite the Holy Spirit to call attention to one of the experiences of the past day. Pray over the aspect of your day that stands out.

- What kind of response is God inviting you to have? Lament? Praise? Confession? Intercession?
- What action might God be calling you to take through this particular moment of your day?
- What is God revealing about Himself in this moment?

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PREPARE FOR THE COMING DAY (2 MINUTES)

While we don't know what the next 24 hours will bring, we can take comfort in seeing how God has been at work over the past day. Reflect on the challenges and opportunities you anticipate in the coming day. Pray over these expectations, asking the Holy Spirit to increase your awareness of God's presence in each of tomorrow's moments.

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