



PRAYER OF EXAMEN

The Prayer of Examen is primarily an exercise in remembering. One is invited, through four portions [presence, gratitude, review, and response], to concentrate on experiences and encounters from the past 24 hours. The beauty of the practice is its simplicity; it is to increase awareness and sensitivity, not to finish or accomplish a task.

Here are some tips for this practice:

- A quiet location is likely most conducive for reflecting.
- It could be helpful to journal your thoughts or to write out what you notice during your times of prayer.
- Consider sharing your takeaways from this practice with your community group.

PRESENCE

Start by slowing down. Breathe slowly and deeply. Notice any tension in your body. Surrender your anxiety to the Lord. Begin this practice by recognizing the presence of God. Remember God's presence with you and His desire to be with you.

- "The Lord is near to all who call on him, to all who call on him in truth." (Psalm 145:18)
- "The Lord is good to all; he has compassion on all he has made. All works shall give thanks to you, O Lord, and all your saints shall bless you!" (Psalm 145:9-10)

GRATITUDE

Look back over the past day, the big and small aspects of life, and recognize what reasons you have to be grateful. Focus on these experiences and encounters, helping your mind and spirit center on the goodness and generosity of God. Find encouragement and reminders of God's goodness, and be thankful.

- Looking back over the past 24 hours, for what are you most grateful? What makes you feel thankful?
- Using simple words, express your gratitude to God.

REVIEW

Ask the Holy Spirit to help us review our day. We are slowing down to remember the events and interactions of the past 24 hours and consider what the Lord is doing in us through our activities, circumstances, feelings, and interactions.

Petition: “Father, show me what you want me to know from the past day. Give me the grace to see you truly and to see myself in the way you do - as a loving Father toward his child.”

Consider this list of questions as you review and spend time on whatever feels most relevant to you.

- When did I feel true joy today?
- When did I feel most alone?
- When was I troubled?
- When did I give or receive love?
- What habits and life patterns do I notice from the past day?
- When did I feel most fully myself?
- When did I feel most alive?
- When did I feel peace?
- When did I feel most drained?
- When did I have the greatest sense of belonging?

RESPONSE

In light of what the Lord has shown me, what is my response? Having spent time remembering, take time to journal or pray, expressing your thoughts on the actions, attitudes, feelings, and interactions you’ve remembered as a part of this exercise. You might need to seek forgiveness, ask for direction, share a concern, express gratitude, or resolve to make changes and move forward.