

# the examen

a practice to care for your soul

1. Find a place to be still. Light a candle. Take several deep breaths.
2. Rewind through your day in your mind. Ask God to help you see the previous 24 hours the way he sees them.
3. Notice the gifts of the day. When did you offer love today? When did you receive love today? Express gratitude to God for the gifts.
4. Notice when you resisted God. When did you feel life draining from you? When did you feel sad or anxious? What was a low point of your day? As you recall that moment, look for God in the scenario.
5. Receive God's love and forgiveness.
6. Look ahead to tomorrow. Ask God for the grace you need (courage, peace, wisdom, patience, etc.)