



the EXAMEN

The *Examen* is a method of reviewing your day in the presence of God. It's actually an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life. Here it is in a nutshell:

1

Give thanks.

Allow your mind to wander on the ways God has blessed you this day.

2

Ask for the Spirit.

Strive to look at your day with God's eyes, not merely your own.

3

Review and recognize failures.

Ask the Lord to point out to you the moments where you have failed.

4

Ask for forgiveness and healing.

*If you have sinned, ask God to forgive you and set you straight again.
Ask for healing of any harm that might have been done.*

5

Pray about the next day.

Ask where you need God in the day to come.