



THE EXAMEN

The ancient Christian practice called “The Examen” can strengthen our connection to God and others. It is a daily process of examining one’s daily behavior and God’s actions in the light of God’s words of truth. The following practices can help us to do this in our daily prayer.

- Ask God to help you see His presence and plan in the confusion of your day. Ask Him, “What are you trying to teach me?” “Where are You in all of this?”
- Review the day with gratitude. Take a walk in your mind through the day, hour by hour, thanking God for each task He gave you and each person He allowed you to encounter.
- Review the feelings that surface as you remember your day. Both positive and negative feelings are signals to you about your own spiritual state.
- Take one of the feelings that you identify and use it as a guide for your prayer. You may be led to ask, repent, request, offer thanks, or sit silently as your spirit groans out to God with inexpressible words.
- Finally, look toward tomorrow. What feelings do you have about the upcoming day? What is God calling you to in the new day?
- Whatever you discover, again, use it as a guide for prayer.

Ask yourself, ‘When did I notice God during this time? When did I feel God’s presence or God’s absence?’

