

# The Examen

<u>Beginning Prayer</u>	<u>Thanksgiving</u>	<u>Pray for a spirit of Truth</u>	<u>Review</u>	<u>Forgiveness and renewal</u>
<p>Take a few moments to quiet down...</p> <p>Recall that God has accompanied you every step of the way during the day...</p> <p>Open yourself to God's presence...</p> <p>Sit in quiet and be still</p>	<p><u>What are you thankful for today?</u></p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p>	<p>Ask for the "Spirit of truth" to "guide you into all truth" (John 16:13).</p> <p>Prepare yourself to be honest as you examine your actions during the day, knowing that the truth will free you to grow closer to God.</p> <p>Recall, too, God's unconditional love for you. He is with you and wants to be let into all of your day, the moments you are proud of and those you aren't.</p>	<p>Examine how you responded (or didn't) to God's presence in the key events of the day.</p> <p>Use the prompts to help you, use journaling space on the back.</p> <p><u>Happiest thing that happened today?</u></p> <p><u>What was a really difficult thing for you to do today?</u></p>	<p><u>Come up with specific resolutions to do the next day or week.</u></p> <p>-</p> <p>-</p> <p>-</p> <p>-</p>

# Review Continued...

Were there opportunities to do something good for your friends, family, or classmates? What were they? What did you do?

What gifts you were able to give others: help with a difficult task, a smile, work well done?

When did you feel close to God?

<u>What was the event?</u>	<u>What did you feel?</u>	<u>Why?</u>	<u>Where was God? What did you learn?</u>

Thank Jesus for journeying with you through the day, and ask remember to invite Him into your day tomorrow too. He loves spending time with you!