



PRAYER OF EXAMEN *Finding the movement of the Spirit in our daily lives as we review our day.*

1 RECOGNIZE THE PRESENCE OF GOD

Begin by taking 5 deep breaths.

As you breathe, know that the Spirit of God goes before you, the Spirit of God is fully present in love, and the Spirit of God is dwelling within you. Invite God to lead you during this time. Now let's review this day with God.

**For many of you, journaling is a great way to go through this process. The act of writing forces us to slow down, can help us to be more present to our selves and to God, and will encourage a slower pace to move through. If you do not want to journal, and prefer just sitting and reflecting with an internal dialogue, that is also great.*

—pause—

2 GRATITUDE

"If the only prayer you say in your entire life is 'Thank You,' wrote Meister Eckhart, 'that would suffice.'" As you think about the past 24 hours, what causes you to be thankful? Look back over the past day, the big and small aspects of life, and recognize what reasons you have to be grateful—The good food, the smile from a neighbor, the laughter of a child, the breaths that you took. Focus on these experiences and encounters, helping your mind and spirit center on the goodness and generosity of God.

What are you grateful for? What is present in your life now that you were hoping for in the past? Who is sticking with you, and close to you? Think of small steps you've taken in growth.

—pause—

3 REVIEW

By intentionally reviewing our interactions, responses, feelings and intentions, we can avoid letting days speed by. We can pause to learn more about ourselves and about God's activity in our lives. This helps us see when we were cooperating with God and where we were resisting. Trust that the Spirit of God "will guide you into all truth" (John 16:13) and reveal the depths of your heart and actions.

Ask yourself

- *What habits and life patterns do I notice from these past few days?*
- *When did I feel most alive? Most drained of life?*
- *When did I have the greatest sense of belonging? When did I feel the most disconnected?*
- *When did I give love? Where did I receive love?*
- *When did I feel most free? When did I feel most anxious and why?*
- *When was I being driven by freedom, and when was I being driven by fear and why?*

4 RECONCILE AND RESOLVE

Having spent time remembering, it seems natural to want to respond in some way. Imagine yourself actually in the presence of Christ. The One who sees all and is present to take your burdens and release you. 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. Upon reviewing the last few days, you may feel compelled to engage in one or many of the practices:

- **Seek forgiveness:** Is there anything you need to ask forgiveness for from God? Is there any shame hanging over you right now you need to ask Christ to take from you and cover with love?
- **Ask for direction:** Is there anything you need direction for? Relationships, work, financial, etc.
- **Let go:** Is there anything you are holding onto you need to let go of? Did you get offended the past few days? Is there any bitterness toward another person? Is there something in the near future that is worrying you? Ask God to give you the grace to let go and to trust Him.
- **Express gratitude:** Is there anything you are particularly thankful for? Take a few deep breaths and express thanks to God.
- **Resolve to move forward:** Is there any commitment you need to make to keep going? Name what that is out loud or write it down and ask God to give you the energy to do this.

—pause—

(Now pray out loud or in your heart)

*"Ever-present Father, help me to meet you in the Scriptures I read, the prayers I pray, the people I meet, the meals I eat, the laughter I experience, the tears I shed, the work I do, and the air I breathe."
-Amen.*

5 CLOSING

Take a few more deep breaths and just tell God thank you.

Thank you for life
Thank you for salvation
Thank you for your commitment to this broken world
Thank you for remembering me

Amen.