

The Daily Examen is a prayer discipline that works to develop an attitude of gratitude by taking 10-15 minutes at the end your day to reflect quietly with God on the events of the day that is coming to a close. The six steps of this prayer practice are found below with a few tips on making this discipline a success.

PRESENCE

Relax in God's presence in a favorite prayer place and posture. Be aware of God's love for you, God's goodness, and the gifts bestowed upon you.

GRATITUDE

What am I especially grateful for in the past day...

- The gift of another day?
- The love and support I received?
- The courage I have mustered?
- A specific event during the day?

PETITION

I am about to review my day; I ask for the light to know the Father and for the Spirit's presence to know myself as Christ sees me.

REVIEW

Recall the events of your day. Pay attention to your emotions, motives, hesitations, hopes, regrets, and the trueness of your heart.

- Where have I felt joy?
- What has troubled me today?
- What has challenged me today?
- Where and when did I pause today?
- Where di I see beauty today?
- Have I noticed God's presence today?

RESPONSE

In light of the review of my day, what is the response to the God of my life? Thanksgiving? Repentance? Peace?

A LOOK AHEAD

As I look to a new day, what comes to mind? With what attitude and spirit do I desire to enter the day tomorrow? How can I be proactive in meeting the new day?

Tips for practicing the Daily Examen

- Don't fret and worry about doing it *right*. God is not judging, *just pray*.
- Start for a week or two doing 10 minutes at the end of the day then add a midday examen.
- Look for patterns of struggle, joy, abandonment, presence, unsettledness, peace.
- Take comfort that God knows you and what you need. Let this is be an exercise in knowing and loving yourself and knowing and loving God.