

The Daily Examen

1. **Be Still** – *become aware of the presence of God.*
Become aware of the presence of God, with you and in you.
Pray “You are here, Lord, and I am with You.”
2. **Give Thanks** – *review the past hours with thankfulness.*
Review the past several hours and give thanks for every detail you can think of. “That kind word,” “That answered prayer,” “That painful email that gives me another opportunity to trust You,” “The taste of that coffee.” Identify the details and the gifts within them. Nothing is too small to be grateful for.
3. **Reflect** – *become aware of your emotions.*
Ask yourself, “What am I feeling right now, and why am I feeling it?” Ask yourself if you are choosing Jesus in the details of your day. Rejoice where you have chosen Jesus and repent where you have not.
4. **Pray** – *choose one feature of the day so far, and pray.*
Choose one area of your reflection to pray about. Give it to the Lord completely. Listen if he has anything to say to you.
5. **Hope** – *look toward the next hours with expectation.*
Tell the Lord that you hope in Him for the hours ahead. View the next hours with the expectation that God will be good, that you will notice His work, and that His will – will be done. Pray “Let Your Kingdom come, let Your will be done.” End with trust. Reorient to trust.

Adapted from <http://www.danwilt.com/the-daily-examen/>

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