

# DAILY EXAMEN BOOKMARK KIT

# *FAMILY GUIDE*

## **WHY?**

The Daily Examen is a meaningful way to close each day by recognizing how you've experienced God's presence. It's a simple way to reflect, express gratitude, and find peace before bedtime. We hope this bookmark serves as a physical reminder of the rhythm of a Daily Examen.

## **WHEN/HOW?**

Place the bookmark somewhere near your child's bed and before sleep, ask the question and/or use the prompts provided.



# Printable Bookmarks (Full Color)

## How to use this tool:

### Explain

Tell your family: "Let's think about where we felt God's presence today."

### Share

Share your own experience. For example: "I felt God's presence when I saw the sunset today and was reminded of His creativity."

### Ask

Invite your child to share by asking, "Where did you see or experience God today?"

### Listen

Let your child share their thoughts. If they struggle, gently guide them by recalling moments you experienced together today.

### Pray

Say a simple prayer or blessing, like: "Thank you, God, for today. Help us rest well and wake refreshed."

## How to use this tool:

### Explain

Tell your family: "Let's think about where we felt God's presence today."

### Share

Share your own experience. For example: "I felt God's presence when I saw the sunset today and was reminded of His creativity."

### Ask

Invite your child to share by asking, "Where did you see or experience God today?"

### Listen

Let your child share their thoughts. If they struggle, gently guide them by recalling moments you experienced together today.

### Pray

Say a simple prayer or blessing, like: "Thank you, God, for today. Help us rest well and wake refreshed."

## How to use this tool:

### Explain

Tell your family: "Let's think about where we felt God's presence today."

### Share

Share your own experience. For example: "I felt God's presence when I saw the sunset today and was reminded of His creativity."

### Ask

Invite your child to share by asking, "Where did you see or experience God today?"

### Listen

Let your child share their thoughts. If they struggle, gently guide them by recalling moments you experienced together today.

### Pray

Say a simple prayer or blessing, like: "Thank you, God, for today. Help us rest well and wake refreshed."

## How to use this tool:

### Explain

Tell your family: "Let's think about where we felt God's presence today."

### Share

Share your own experience. For example: "I felt God's presence when I saw the sunset today and was reminded of His creativity."

### Ask

Invite your child to share by asking, "Where did you see or experience God today?"

### Listen

Let your child share their thoughts. If they struggle, gently guide them by recalling moments you experienced together today.

### Pray

Say a simple prayer or blessing, like: "Thank you, God, for today. Help us rest well and wake refreshed."

# Printable Bookmarks (Printer Friendly)

WHERE DID  
YOU SEE  
OR  
EXPERIENCE  
GOD TODAY?



WHERE DID  
YOU SEE  
OR  
EXPERIENCE  
GOD TODAY?



WHERE DID  
YOU SEE  
OR  
EXPERIENCE  
GOD TODAY?



WHERE DID  
YOU SEE  
OR  
EXPERIENCE  
GOD TODAY?



# Printable Bookmarks (Printer Friendly)

## How to use this tool:

### Explain

Tell your family: "Let's think about where we felt God's presence today."

### Share

Share your own experience. For example: "I felt God's presence when I saw the sunset today and was reminded of His creativity."

### Ask

Invite your child to share by asking, "Where did you see or experience God today?"

### Listen

Let your child share their thoughts. If they struggle, gently guide them by recalling moments you experienced together today.

### Pray

Say a simple prayer or blessing, like: "Thank you, God, for today. Help us rest well and wake refreshed."

## How to use this tool:

### Explain

Tell your family: "Let's think about where we felt God's presence today."

### Share

Share your own experience. For example: "I felt God's presence when I saw the sunset today and was reminded of His creativity."

### Ask

Invite your child to share by asking, "Where did you see or experience God today?"

### Listen

Let your child share their thoughts. If they struggle, gently guide them by recalling moments you experienced together today.

### Pray

Say a simple prayer or blessing, like: "Thank you, God, for today. Help us rest well and wake refreshed."

## How to use this tool:

### Explain

Tell your family: "Let's think about where we felt God's presence today."

### Share

Share your own experience. For example: "I felt God's presence when I saw the sunset today and was reminded of His creativity."

### Ask

Invite your child to share by asking, "Where did you see or experience God today?"

### Listen

Let your child share their thoughts. If they struggle, gently guide them by recalling moments you experienced together today.

### Pray

Say a simple prayer or blessing, like: "Thank you, God, for today. Help us rest well and wake refreshed."

## How to use this tool:

### Explain

Tell your family: "Let's think about where we felt God's presence today."

### Share

Share your own experience. For example: "I felt God's presence when I saw the sunset today and was reminded of His creativity."

### Ask

Invite your child to share by asking, "Where did you see or experience God today?"

### Listen

Let your child share their thoughts. If they struggle, gently guide them by recalling moments you experienced together today.

### Pray

Say a simple prayer or blessing, like: "Thank you, God, for today. Help us rest well and wake refreshed."