The Examen

A TIME TO REFLECT ON YOUR DAY IN GOD'S PRESENCE.

Take a moment to quiet yourself inthe Lord's presence.

Invite the Lord to bring to mind things from the day that He would like you to notice.

What am I most thankful for today?

What am I least thankful for today?

Whendid give and receive love in my relationship with God today?

Whendid withhold or reject love in my relationship with God today?

Whendid give and receive love in my relationships with others today?

Whendid withhold or reject love in my relationship with others today?

When did God feel near today?

When did God feel far away today?

Whendid accept the invitation to trust God today?

When did I not trust God today?

When did I feel free to follow Jesus today?

When did feel pressure today? Wasitexternalor internal pressure?

When was filled with hope today?

When did I despair or feel hopeless today?

When was I led by delight and joy today?

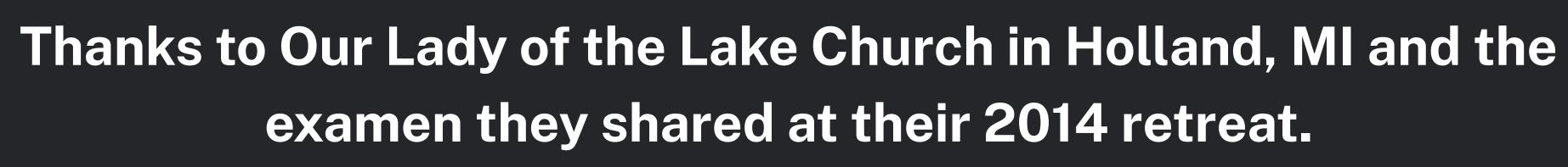
When was I led by duty and fear today?

Take a moment to rest in the Lord's

presence.

Do you feel led to respond in any way?

Conclude by noting anything that you want to carry with you as you prepare for tomorrow.



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