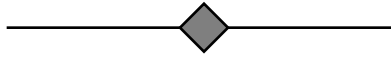


An Examen

An examen is a prayerful way to review your life on a daily basis, become aware of God's invitations and activity and your response or lack of response.



Take a moment to make yourself still in God's presence. Choose a place in the room and posture that is comfortable for you. Call to mind the love of God, the love of Jesus, and the guidance of the Holy Spirit. Ask the Spirit to help you to look at your day and see the possible work and presence of God in it.

Think over the events of your day/week. See what comes to mind as you reflect and remember the many concrete details of your day/week. What brought you a sense of life and love and freedom? What brought you a sense of death and sorrow and imprisonment?

Reflect on where God's Spirit might have been working or present in the moments and events of your day/week. Become aware of what fills your heart with gratitude. Give thanks to God for these things. Become aware of what fills your heart with worry or concern. Ask God to show you where God might be working for life and love and freedom. Is there anything you need to release into God's hands and heart?

Close your examen time by resting in God's presence. Ask God to help you be aware of God's Spirit being with you in your days and weeks.