

HANDOUTS: Week Two

Daily Examen

The Examen is a method of reviewing your day in the presence of God. It is actually an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life. It has five steps, which usually takes 15 minutes per day. Here it is in a nutshell:

Ask God for Light

- Prayer is grateful, honest conversation with God.
- Notice how the Spirit was working in and through you and others during the day.

Give Thanks for the Gifts of this Day

- Gratitude helps us find God in all things and can transform the way we look at our lives and others.
- Name the blessings.

Review the Day

- Pray over the significant feelings that surface as you review the day.
- Review feelings, emotions, desires, attractions, repulsions, moods you've felt throughout the day; may be positive or negative.
- Pick one or two strong feelings and pray from them.
- Ask God to help you understand where they led you.
- Did they draw you closer to God, making you feel more connected to others or challenging you to life-giving growth?
- Did they lead you away from God, making you become more self-centered or anxious or leading you to the breakdown of relationships?

Face your shortcomings

- Rejoice in those times that you were brought closer to God and ask forgiveness for those times that you resisted God's presence in your life.
- Praise God for the gift of awareness which is the beginning of conversion.

Look toward the day to come

- Invite God to be a part of your future and to be with you tomorrow.
- What do you need God's help with; ask God to give you the grace you need.
- Close by speaking to God from your heart or with an Our Father.

- Description of the Examen segments is from *The Ignatian Adventure*, by Kevin O'Brien, SJ

The Examen is different from an examination of conscience. The examination of conscience is focused on past, unconfessed sins, the Examen is focused on where God is and what God is doing in one's life in the present moment and what one might hope for in the day to come.