

# **A Spiritual Practice for the Summer: Daily Examen**

**The Examen is a contemplative review of your day.  
There are 5 parts to it.**

## **Step 1 : Become aware of God's presence:**

I remind myself that in these moments, God is gazing on me with deep and unconditional love and holding me in being. I pause and think of this. I also look back over the day to see where God was present to me, and I to God.

## **Step 2 : Review your day with gratitude:**

Looking back over the course of the day, what am I grateful for? (try to be concrete in this – maybe family, job, health, a chat with a friend, a walk in nature, etc.) Where God was present in all this? Can I see the gifts God has given me? Even if the day was really difficult, is there something I can be thankful for?

## **Step 3 : How did you respond to the moments of your day/how did you feel?:**

Was I able to notice God's promptings during the moments of the day? Did I respond to people/situations in a good way or maybe not so good? Did God feel close or far away today? If things didn't go too well today, I remember I am the Beloved and held by God in all my brokenness and vulnerability. As I ask for forgiveness and healing, and do my best to forgive others, I am showered with love, grace and the strength to move forward.

## **Step 4 : Choose one feature from the day and pray with it:**

Was there one encounter/situation/person that was particularly positive or challenging for me today? I bring this time to God now and talk openly and freely about it and how it was for me. I trust that God offers love, peace and healing to me.

## **Step 5: Look towards tomorrow:**

As I come to the end of my prayer for today, I look ahead to tomorrow, inviting God to be with me. Is there something I am anxious about? I ask God to be with me in it. Our God is a God of relationship and spoke this way to Jeremiah (31:3): "I have loved you with an everlasting love; therefore I have continued my faithfulness to you." I know God will be with me no matter what life throws at me, today and every day to come. Amen!