

## The Daily Examen



The Daily Examen could be described as a personal reflection on the past 24 hours.

It encourages us to look back on the day we have just spent in order to notice the action of God in our lives. To become more aware of the presence of God. It a 'listening to life'. It is a prayer for the evening.

1. We begin by thanking God for his presence with us now and during the past 24 hours.
2. Secondly we pray for light – that God will throw light on our experiences of the past 24 hours.
3. Now we review our day. Imagine that you are running a video of the day that you have just spent. Don't try to remember everything, but ask for God's Spirit to bring to light those things which he wants to draw your attention to. Notice any particular moments or events that come to your mind and any feelings that surface for you when you recall those moments.
4. Next we are invited to respond to God in whatever way seems appropriate. For example: Is there any event or conversation in your day for which you are thankful? Anything you need to say sorry to God for? Any action you need to take? Any situation you need to pray about?
5. Looking forward. As you look towards tomorrow is there any particular grace/gift you wish to ask God for? How might God be calling you to live differently?
6. Commit the night ahead to him and end with a prayer such as the Grace, The Lord's Prayer or The Gloria.