



The Examen

Preparation

Quieting myself, I become aware that I am in Your presence, O God. I imagine You looking at me, and me looking at You loving me.

Intention

Loving God, open my eyes and ears to see where You have been with me today.

Thanksgiving

As I reflect, I realize that everything I have, even myself is a gift from You.

Review

Let me allow you to bring to my awareness the moments, moods, and relationships of the day. For the times that were life-giving, I express my gratitude to You.

Forgiveness

I am still learning to grow in Your love. Forgive me for the times when I chose not to respond to Your invitations to love.

Hope

With gratitude to You, I ask for what I really want and need as I move into tomorrow.

Close with
your favorite prayer



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