

# The Prayer of *Examen*

## **Be still**

Begin with a pause and a slow, deep breath or two.  
Become aware that you are in the presence of the holy God.  
Take your time.

## **Petition**

I am about to review my day.  
I ask for the light to know God and to know myself as God sees me.

## **Thanksgiving**

What am I especially grateful or thankful for in the past week?  
The gift of another day . . .  
the love and support of a friend or family member . . .  
the courage I have been able to muster . . .  
an event that took place . . .  
a conversation?

## **Review your week / day**

Where have I felt true joy this week / day?  
What has troubled me?  
What has challenged me?  
Where and when did I pause and rest?  
Have I noticed God's presence in any of this?

## **Response**

In light of my review, what is my response to the God of my life?

## **Looking ahead**

As I look ahead, what comes to mind?  
With what spirit or attitude do I want to enter tomorrow?

