



Practicing the Examen

God in Day-to-Day Life

The Examen is done at the end of your day. It is a time of reflecting on the events and emotions of the day in order to recognize God's presence in them.

Enter this time with a "Holy Indifference," cultivating a willingness to let go of the control of your life in order to place God's will above your own.

- **Become aware of God's presence. Ask the Holy Spirit to work in you to reveal what you need to know about yourself and what you need to know about God. Ask for God's Light to illumine the time of reflection.**
- **Give thanks that all of life is a gift from God, and give thanks to God for the gifts of the day. Reflect back over your experiences to notice your actions and thoughts.**
- **Pay attention to the emotions associated with your experiences.**
- **Focus on a single feeling-either positive or negative- and pray, using it as a focus.**
- **End the time, trusting yourself and your future to the care of our merciful God. Ask for the gift you most need and believe that God desires your healing and wholeness.**
- **Pray the Lord's Prayer.**

Five Elements of the Examen

1. Ask God for light
2. Give Thanks
3. Notice Your Feelings
4. Focus on One Feeling
5. Trust that God is in the Day Ahead

For the Technologically Inclined: *Reimagining the Examen App*