



## Praying the Examen- God in my day

This is an awareness exercise to be used on a daily basis as a way of becoming more aware of where we meet God within outward events and our inner thoughts and feelings.

### 1. Events of Today

Like watching a video, I replay the day, letting God prompt my memory, and remind me of significant things that happened in my day, or insights that I gained.

### 2. Thanksgiving

I thank God for the gift of the day that have gone – the kindnesses shown me, the things that lifted my spirits

- no matter how small.

### 3. Feelings experienced

I become aware of what I felt today and ask God to show me why I felt as I did.

### 4. Your call to me

I ask God to show me in what way he asked something of me today...

- in my dealings with people
- in the way I treated myself
- in anything I previously sensed I was called to do

I review how I responded

### 5. Forgiveness and healing

I bring to God anything that I need forgiveness for, trusting in God's readiness to forgive.

I bring to God anything from my day I need healing for, trusting in God's love that casts out fear, and binds up wounds.

### 6. Trust in God for the day to come

I let go to God any anxieties I have about the day ahead/tomorrow.

I ask God for the gift of what I most need for the day ahead/tomorrow.