

THE EXAMEN PRAYER

THE EXAMEN IS A METHOD OF REVIEWING YOUR DAY IN THE PRESENCE OF GOD. IT'S ACTUALLY AN ATTITUDE MORE THAN A METHOD, A TIME SET ASIDE FOR THANKFUL REFLECTION ON WHERE GOD IS IN YOUR EVERYDAY LIFE. IT HAS 5 STEPS, WHICH MOST PEOPLE TAKE MORE OR LESS IN ORDER, AND IT USUALLY TAKES 15 TO 20 MINUTES PER DAY. HERE IT IS IN A NUTSHELL:

THANKSGIVING

I give thanks to God, for the gift of today, for faith, for graces... I want to be grateful for the gift of today.

LIGHT

I ask the Holy Spirit for light, to show me the way forward. I want to look at my day with God's eyes, not merely my own.

REVIEW

I review my day and ponder on my experiences. Where have I felt God's presence or ignored or rejected God?

RESPONSE

I respond to what God has shown me, how I felt and what I learnt. I listen to God...

TOMORROW

What I desire for myself and for others, I surrender to God in hope. I ask where I need God in the day to come.
Our Father ...

YOU THOUGHT YOU WERE BEING MADE INTO
A DECENT LITTLE COTTAGE
BUT
HE IS BUILDING A PALACE

C.S. LEWIS

