

## The Daily Examen

1. Be still in the presence of God.
  - Start by quieting your heart and directing your mind to God.
  - There may be areas of unrest in your life—deal with those first.
2. Thank God for his goodness.
  - What blessings from this day are most striking?
  - What am I most grateful for in my life?
3. Review the day, going over every aspect of my day in the light of God's providence and presence in my life.
  - How did God bless me?
  - How did I respond to God's grace?
  - How did I fall short?
  - When did I love best?
  - When was I loved?
  - How was I hurt?
  - How was God at work in all this?
  - What is God teaching me?
  - Conclude: What was the best part of my day? Thank God.
4. Ask forgiveness.
  - Look at the patterns of sin in your life, the ways you fail to love well.
  - Ask God's forgiveness.
  - Conclude: What was the worst part of my day? Ask God's forgiveness and for the grace to forgive.
5. Resolve to follow God more fully.
  - Choose one area of your life (impatience, laziness, distraction) to focus on giving more fully to God.
  - Make a concrete resolution.
  - Ask God for the grace to live this resolution tomorrow.

Leading others through the Examen (via St. Mary's Catholic High School, Phoenix, AZ)

1. Let us quiet ourselves in preparation for The Examen. (15 second pause) Let us place ourselves in God's loving presence.
2. Let us recall the benefits we have received from God since our last Examen, and thank Him for those blessings. (1 minute pause)
3. Let us examine our thoughts, words, and actions since our last Examen: How have I responded to God's promptings in the past day? How have I fallen short or failed to respond to His promptings? (1 minute pause)
4. Let us ask God, forgiveness for our sins. (15 second pause)
5. Let us make a concrete resolution to respond more faithfully to God's presence and the promptings of the Holy Spirit in the next day. (30 second pause)