

## Prayer of Examen

*An exercise of daily discernment*

Spend time quieting yourself, releasing anxiety and burdens. Focus your attention on the presence of God.

*Be still, and know that I am God! (Psalm 46:10)*

Take some time to recount specific gifts of the day—a fresh snowfall, the help of a stranger, a kind word, a wonderful meal, a moment of insight—and remember them with gratitude.

Savor the memory and offer thanks.

*Praise the Lord, I tell myself; with my whole heart, I will praise his holy name.*

*Praise the Lord, I tell myself, and never forget the good things he does for me. (Psalm 103:1, 2)*

Ask God to give you the light of the Holy Spirit to guide you to detect God's presence and discern God's direction and your response to that direction.

*Send out your light and your truth; let them guide me. Let them lead me to your holy mountain, to the place where you live. There I will go to the altar of God, to God—the source of all my joy. (Psalm 43:3-5)*

Reflect contemplatively on what has been happening in and around you today, trusting that the Spirit will reveal what needs your attention. Use the questions as they seem helpful. Stay with the questions that speak to you.

*Search me, O God, and know my heart; test me and know my thoughts.*

*Point out anything in me that offends you, and lead me along the path of everlasting life. (Psalm 139:23, 24)*

When did you feel most alive today?

When did you feel life drain from you?

Where did I experience contentment today?

Where did I experience a sense of missing out?

When was I most myself today? When did I hide who I really am?

When did I give or receive love today? When did I withhold love?

When was I kind to myself? When was I harsh with myself?

Where did I show compassion today? Where did I cast judgment?

Where did I sense God's love for me today? When did I fear God's absence?

Bring God your feelings about what you saw/read—your compassion, solidarity, or anger, etc.

Did you feel a sense of invitation or calling today? How did you respond?

Out of all the day's experiences is there an event or discovery that you would like to thank God for?

Looking back, you may realize that some of your reactions to the events of the day did not come out of a love and desire for God. Let these responses be there before God, not for judgment, but for God's Spirit to bring wholeness out of brokenness. Express your sorrow, trusting in God's healing mercy.

*Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. Wash me clean from my guilt. Purify me from my sin. (Psalm 51)*

Looking forward to tomorrow, pray to recognize God in whatever way God may choose to come to you.

*When I awake, I will be fully satisfied, for I will see you face to face. (Psalm 17:15b)*

