



The Prayer of the examen is really about developing a discerning heart, and a reflective mind. We bring the reality of our daily lives into the presence of God and invite the Holy Spirit to make us more aware of how we are living. As we become more aware, so we also become freer to choose to follow Jesus more closely.

Praying your day

Each night before you go to bed spend a little time thinking over the day...

Remember all the things that have happened

today for which you are grateful,

What made you happy?

What left you feeling at peace?

What filled you with love?

Was there anything which, although it was painful or hard, you still know was good for you?

Were you aware of God at any time through the day?

Give thanks to God for these experiences

Now remember anything for which you are not grateful,

What left you feeling down?

Feeling angry,

Feeling frustrated,

Feeling lost or upset?

Feeling unloving...

Bring these memories before God

and ask God to hold you as you remember them.

To comfort you, and heal the memories.

Finally ask God for what you need for tomorrow.