

the Daily Examen

The Examen is a method for 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 five 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:

1 Pray for light.

Ask God to bring clarity and understanding as you review your day.

2 Review the day in thanksgiving.

Walk through the past 24 hours, from hour to hour, from place to place, task to task, person to person, thanking the Lord for every gift you encounter.

3 Review the feelings of the day.

Pay attention to any feelings that surfaced during the day. Spend a moment recalling the whole range of feelings you experienced during the day.

4 Choose one feeling of the day and pray from it.

Ask God to direct you to something during the day that is particularly important. Look at it. Pray about it as you attend to the source of the feeling.

5 Look toward tomorrow.

Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what is coming up.

