



THE PRAYER OF EXAMEN

Take a moment to sit in God's love for you as you prepare your heart.

STEP ONE: GRATITUDE

Take a moment to name what you're grateful for. It can be as simple as fresh coffee, as grandiose as God's great love, or anything in between.

STEP TWO: ILLUMINATION

Ask the Holy Spirit to fill you afresh and illuminate your heart and mind as you review your day.

STEP THREE: REVIEW

With God, review the last 24 hours. Note the moments that you felt most connected to God (consolation) and most disconnected from God (desolation). You may find the next page helpful in this step. Review your choices and responses to both, and throughout the day in general.

STEP FOUR: FORGIVENESS

Ask for the healing touch of the forgiving God, particularly in areas of brokenness, sin, or times you may have missed His presence.

STEP FIVE: RENEWAL

Look toward tomorrow. Anticipate God's presence in the day to come, and plan to live in step with His Spirit.

Linger in God's presence for a few minutes as you end this prayer of Examen.

CONSOLATION

Use the questions below to help you remember moments of consolation throughout your day.

- What gave me life?
- When did I give and receive the most love?
- When did I feel the most alive today?
- For what do I feel most grateful?
- When did I most encounter, sense, or see God?
- When did I feel most myself?
- To whom did I listen today?
- When did I notice beauty?

DESOLATION

Use the questions below to help you remember moments of desolation throughout your day.

- What drained life from me?
- When did I give and receive the least love?
- For what am I least grateful?
- When did I not encounter, sense, or see God? When did His presence seem distant?
- Whom did I neglect? When did I neglect myself?
- What did I avoid today?