

The Examen

Ask God for Illumination.

Place yourself in God's presence. Say, "I want to look at my day through God's eyes, not merely my own."

Give Thanks

Place yourself in God's presence. Recall your day and name anything for which you are particularly grateful. Give thanks to God for these gifts.

Review Your Day

Recall the specific events and feelings of your day. Move from morning to night. Notice where you felt God's presence. Were there any invitations to grow in faith? How did you respond to these invitations?

Face Your Shortcomings

Name the thing from the day for which you are sorry. Include both actions and regrets, things you did and did not do. Ask God to forgive you. If there is someone you may have hurt, make a plan to reconcile with them.

Look Toward Tomorrow

Give thanks to God for the gift of your life and this day. Then, ask God for the grace you need to see God's presence more clearly tomorrow.

Scan here to be guided through
the examen by Father James Martin.

