

Examen

Christians have used this ancient practice for over one thousand years to ask Jesus to help them reflect on their day, pay attention to what He has already been doing in their lives, and ask for His help for tomorrow.

BE STILL

Stand still for a moment and breathe normally. If you feel able to, ask God to be with you and help you as you reflect on your day. Know that God loves you and will help you.

When you are ready, sit down in a comfortable position and begin.

RELIVE

Slowly go back through the day in your head. Relive all the key details, noticing to which moments most stick out to you.

LEAST ALIVE

Which moments in the last 24 hours or so made you feel least alive? Which made you feel farthest away from others around you? Which made you feel farthest away from God? Why? If God is there, what would you tell him about those moments? If you want to, try talking to God now.

MOST ALIVE

Now think about the moments in the last 24 hours or so that made you feel most alive? Which made you feel closest to others around you? Which made you feel closest to God? Why? If God is there, what would you tell him about those moments? Why not try talking to God about it now?

TOMORROW

Think about tomorrow. What will happen? Pay attention to the emotions you may feel. What help do you need? How could God help you?

BE STILL

Having thought about all these things, you might want to have a conversation with God – what might He say?

When you are ready, remind yourself where you are, and then carry on with your day.