

# Daily Examen

**Presence:** Become aware that God is present with you, looking lovingly upon you. Take a few deep breaths, and relax at you pray:

"God, I believe that in this quiet moment I am in your presence and that you love me. Come, Holy Spirit, help me and guide me as I pray."

**Gratitude:** Notice the first things that come to mind for which you are grateful; nothing is too big or too small. All are gifts given personally to you by your generous Father. Pray:

"God, I acknowledge your love for me in these various gifts for which I am very grateful. Thanks be to God."

**Review:** Let the day replay in your mind, especially noticing the good things that might have escaped your notice at the time. Pray:

"God, help me now to review the events of day in order to recognize you in all parts of my life. Lord, I want to see you."

**Repent:** Allow the Holy Spirit to remind you of thoughts, words, and deeds that created a distance between you and God or between you and another person throughout the day. Pray:

"God, please forgive the times I have fallen short and strengthen my attempts to follow you. Lord, have mercy."

**Focus forward:** Call to mind what awaits you tomorrow, and welcome God's help for the day to come. Pray:

"God' enlighten me so that my future choices praise, reverence, and serve you above all else. Show me your way."

**Conclude:** with the Lord's Prayer.