

THE EXAMEN

be still

Become aware of the presence of God. Breathe in deeply and silently pray, "You are here". Then breathe out praying 'And I am with You.'

give thanks

Look over the last few hours and give thanks for every detail you can remember. See the past few hours through the lens of thankfulness - every gift and every difficulty.

Reflect

Become aware of your emotions and the state of your heart. Name the emotions you're feeling and give them to God. Reflect on your actions - did you choose Jesus' way in the past few hours?

pray

Choose one joy or sorrow and turn your heart towards prayer. Pray with boldness and confidence in the Father to hear and respond as he desires.

hope

Look with hope towards the next few hours, committing them to God with trust and hope.