

# THE PRAYER OF EXAMEN

## Invite the Spirit's Guidance

Stop and become aware of God's presence. As you reflect on your day open yourself up to see things from God's eyes, not just your own.

## Review Your Day in Thanksgiving

Start with what's right in your life. This could be the people who love you, your life, your faith, gifts/talents, something that happened, God's love for you. Don't just count your blessings, savor them as you reflect.

## Review Your Day in Your Feelings

What did you objectively feel? What events happened alongside those feelings? Don't categorize or concern yourself with how to respond. Invite the Spirit again to point things out to you.

What did you feel when you woke up?

During the day did you feel anger, fear, hope, joy, love, hate, delight, dread, loneliness, anxiety? What happened just before you felt that?

Was there something someone said or did that stuck out to you today?

## Bring One or Two Feelings to God and Listen

What positive feeling from today do you wish you could hang onto? Tell Jesus about it like a friend would talk to another, just tell Him the story of what happened.

Give space for Him to respond...

What negative feeling has lingered? What did you feel that you wish you hadn't? Acknowledge it, bring it out of hiding and just tell God the story of what happened like one friend would talk to another trusted friend.

Give space for Him to respond...

Picture Jesus' face. Imagine His hand on your shoulder. What do you imagine Jesus doing in response to what you shared?

## Look Toward Tomorrow

Is there anything from today that you want to bring into tomorrow? Was there something you learned that you want to be sure to remember? What has life and the Spirit taught you?