

Daily Examen Guide

A five-step method for reviewing your day and giving thanks to God.

1) Center

- Pause. Take a moment to become aware of God, yourself, and your surroundings.

2) Gratitude

- What am I especially thankful for today?

3) Review

- What brought me joy? What challenged me?

4) Turn to God (Repent)

- How have I chosen my ways over God's? What must I repent of? How can I enjoy God's forgiveness in this moment? What attitudes and actions do I need to surrender and change in line with my repentance?

5) Look Forward

- In what spirit do I want to enter tomorrow? How can I walk in the realities of the Gospel of Jesus tomorrow?