

# *DAILY EXAMEN*

1

## **AWARENESS**

Spend a couple of minutes in quietness with God. This is really the preparation for Examen.

2

## **GRATITUDE**

Becoming aware of what you have received during the day that was God's gift to you. And being thankful for those gifts.

3

## **DESIRE**

Asking God for what you deeply desire.

4

## **REVIEW THE DAY**

This is at the heart of the Examen and can be practiced in different ways. This is when you walk through your day, remembering both the experiences of the day and your responses to the day (your inner responses and your external responses). Pay attention to where God was at work and speaking but you did not notice "in the moment".

5

## **FORGIVENESS**

Asking for grace and forgiveness as you repent of the faults and sins discerned and seek healing concerning those things.

6

## **AMENDING & ANTICIPATING**

This is the action step of prayerful commitment to move forward and looking ahead to the next day. How will I live differently by God's grace? What will God's grace have for me in the day to come?

7

## **REST**

A final moment of rest and awareness of how God has been with you in the time of Examen.



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## NOTES

### AWARENESS / QUIETNESS

Position your body so that you can be comfortable and alert for the Examen. To

help you be still, focusing on your breathing can be helpful. It also may be helpful to repeat a word like "Jesus", "Father" or "Abba".

### REPENTANCE

The Biblical word for repentance is "metanoia" (**μετάνοια**), which literally means "a transformative change of heart". Repentance in the context of discipleship is to recognise that you have been going in the wrong direction, away from God, and you are now turning back to God. Repentance is a wonderful gift of God's grace to us. It's an ongoing invitation to turn our hearts and minds to God.

### GRACE

What is God's grace? We need a definition of grace that works in our every day lives: "Grace is God acting in our life to do what we cannot do on our own." (Dallas Willard)