

DAILY EXAMEN

1

AWARENESS

Spend a couple of minutes in quietness to be present with God.

2

GRATITUDE

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

3

DESIRE

Ask God for what you deeply desire.

4

REVIEW THE DAY

Walk through your day in your mind, remembering both the experiences of the day and your responses (thoughts, words and actions). Pay attention to where God was at work and speaking but you did not notice 'in the moment'.

5

FORGIVENESS

Ask for forgiveness and thank God for His grace as you repent of the faults and sins discerned. Seek healing concerning these things.

6

AMENDING & ANTICIPATING

Prayerfully commit to moving forward, looking ahead to the next day. How will you notice and enjoy God? What will God's grace have for you in the day to come? Invite God into more of the day ahead. You might like to pray, *"Jesus, I invite you into my day tomorrow. Help me to be more aware of you. Guide my thoughts and footsteps and help me feel the joy of Your presence."*

7

ACKNOWLEDGE

Take a final moment of rest and awareness of how God has been with you in this 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" or "Father" or "Yahweh".

REPENTANCE

The Biblical word for repentance 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? "*Grace is God acting in our life to do what we cannot do on our own.*" (Dallas Willard). ***The spiritual practice of Daily Examen helps us to recognize God's action in our lives, which is grace.***

SIN

Any feeling or thought or speech or action that comes from a heart that does not treasure God over all other things. In essence, ***sin is every time we push God away.***