

The Examen of Conscience: A Daily Prayer Practice

- The Examen is an opportunity for daily, peaceful, reflective prayer exercise to end your day.
- This prayer helps us to not let the events of our day go unnoticed.
- This pray invites us to identify God activity in the people and events of our day.
- Begin by relaxing with slow, controlled breathing while thoughtfully reflecting on God's activity in the events or your day.

Give Thanks

- Tell God – Father, Son, and Holy Spirit, what you are grateful for during the past day.

Whether it be the gift of life, another day, the love you have receive, courage to overcome challenges or the events of the day – giving thanks to Him (Phil. 4:6).



Petition – Ask God

- Ask God, through the Holy Spirit, to reveal key events of your day (John 16:13).

Our insight is limited, but our Heavenly Father knows and cares for us and wants us to grow in our relationship with Him and be conformed to the image of Christ (Rom. 8:29). Reflect on the day's events and for God's activity behind its scenes.

- *How has God's activity in your life been revealed to you through the day's events?*

Review – Reflect on the Events of Your Day.

- Where have I felt God's presence as joy, peace, comfort, consolations, etc.?
- When did you feel troubled, burdened, distant from God?
- Were there relationships what challenged you today?
- Did you pause today to speak to God or ask for His help?
- Like the Psalmist, you can ask:

“Search me, God, and know my heart; Put me to the test and know my anxious thoughts; and see if there is any hurtful way in me, and lead me in the everlasting way. (Psalm 139:23-24, NASB)

Respond - Face What is Wrong in Your Life.

- In light of my reflections, what is my response to the God of my life?
- What do I have to confess? Pray Psalm 51.

*“Create in me a **clean heart**, God,
And **renew** a steadfast spirit within me.
Do not cast me away from Your presence,
And do not take Your Holy Spirit from me.
Restore to me the joy of Your salvation,
And sustain me with a **willing spirit**.” (Psalm 51:10-12)*

- What have I been avoiding, denying, rejecting, or overlooking in my life with God?
- What do I have to repent and renounce?
- Through confession, repentance, and renouncing sin I am free to move forward and be the person Christ created me to be, (Galatians 5:1) shedding the old self and putting on the new (Galatian 4:22-24).



*“**How blessed is he whose wrongdoing is forgiven**, whose sin is covered!
How blessed is a person whose guilt the LORD does not take into account,
And in whose spirit there is no deceit! **When I kept silent about my sin, my body wasted away** Through my groaning all day long. I acknowledged my sin to You, And I did not hide my guilt; I said, “**I will confess my wrongdoings to the LORD**”; And **You forgave the guilt of my sin.**” (Psalm 32:1-5, NASB)*

Receive - Take Time to Receive the Lord’s Forgiveness and Consolation.

- Give thanks to God for what He is revealing and what he has done for you.

Act - What Is God Prompting You to Do?

- As you look ahead, what comes to mind?
- With the help of the Holy Spirit, what is Christ calling me to do tomorrow?
- As the Lord in prayer to help you carry out what He has shown you to do.