A Daily Examen

1.      Sit in a quiet place and spend a few minutes using your breath to calm your mind, in whatever way works best for you.

2.      When you are ready, pray to the Holy Spirit to help you remember the events of the day with clarity and honesty.

3.      First, ask “What three things am I most grateful for today?” Take some time to dwell on each thing – time spent with a friend, a song that cheered you up, a good joke you heard, even the first taste of your coffee in the morning. Even the smallest things count. Give thanks for these.

4.      Then, ask “What is one event, interaction or thought where I seemed to feel the Holy Spirit moving in my life today?” A comment a friend made, a negative thought you recognized and rejected, a sudden insight that came to you? Give thanks for this.

5.      Then, ask “What was one time today that I failed to act in love, turned away from God, or let myself be limited by anger or fear?” Give thanks that you have recognized this, and ask for forgiveness and help.

6.      Finally, ask yourself what kind of a person you want to be tomorrow, thinking of one particular quality you want to remember to practice for that day. Cheerful? Patient? Kind?

7.      Give thanks for the day, and remind yourself that you are never separated from God.

-        *Kathleen Flanagan, Xavier University Library/Collection Management*