



Daily Examen

Thanksgiving:

*What am I especially grateful for in the past day...
The gift of another day...
The love and support I have received...
The courage I have mustered...
An event that took place today...*

Petition:

*I am about to review my day;
I ask for the light to know God
and to know myself as God sees me.*

Review:

*Where have I felt true joy today?
What has troubled me today?
What has challenged me today?
Where and when did I pause today?
Have I noticed God's presence in any of this?*

Response:

In light of my review, what is my response to the God of my life?

A Look Ahead:

*As I look ahead, what comes to mind?
With what spirit do I want to enter tomorrow?*



Daily Examen

Thanksgiving:

*What am I especially grateful for in the past day...
The gift of another day...
The love and support I have received...
The courage I have mustered...
An event that took place today...*

Petition:

*I am about to review my day;
I ask for the light to know God
and to know myself as God sees me.*

Review:

*Where have I felt true joy today?
What has troubled me today?
What has challenged me today?
Where and when did I pause today?
Have I noticed God's presence in any of this?*

Response:

In light of my review, what is my response to the God of my life?

A Look Ahead:

*As I look ahead, what comes to mind?
With what spirit do I want to enter tomorrow?*



Daily Examen

Thanksgiving:

*What am I especially grateful for in the past day...
The gift of another day...
The love and support I have received...
The courage I have mustered...
An event that took place today...*

Petition:

*I am about to review my day;
I ask for the light to know God
and to know myself as God sees me.*

Review:

*Where have I felt true joy today?
What has troubled me today?
What has challenged me today?
Where and when did I pause today?
Have I noticed God's presence in any of this?*

Response:

In light of my review, what is my response to the God of my life?

A Look Ahead:

*As I look ahead, what comes to mind?
With what spirit do I want to enter tomorrow?*



Daily Examen

Thanksgiving:

*What am I especially grateful for in the past day...
The gift of another day...
The love and support I have received...
The courage I have mustered...
An event that took place today...*

Petition:

*I am about to review my day;
I ask for the light to know God
and to know myself as God sees me.*

Review:

*Where have I felt true joy today?
What has troubled me today?
What has challenged me today?
Where and when did I pause today?
Have I noticed God's presence in any of this?*

Response:

In light of my review, what is my response to the God of my life?

A Look Ahead:

*As I look ahead, what comes to mind?
With what spirit do I want to enter tomorrow?*