



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?