

Daily Examen – Jenny Tighe

Recall -

What am I especially grateful for today?

Reflect -

How did I see God in all things today? How did I see God in my own behavior? In the actions of others? In the creation around me?

Review -

Where did I see injustice in our world? Where did I see peace? Did I miss (or take) an opportunity to walk alongside another person today?

Respond -

How did I respond to each moment in the day? Did my behavior take shape as action to elicit change? Did my behavior bring peace to others? If I didn't take action, why not?

Resolve -

Is there anything I would do differently in order to better reflect God's love for others tomorrow? Is there a way I can deepen my connection to God?