**ACTS Examen**

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The Book of Acts tells the story of the early church. As the apostles were navigating their relationship with Jesus post-resurrection, this ACTS examen allows us to build a relationship through prayer. This format was inspired by a high school religion teacher. While participating in AFMIX, I was reminded of the similarities between it and the examen.

**Awe-Inspiring**

How was the Spirit working in my life today? Help me see my day as God sees it.

**Contrition**

When was I consoled and moved closer to God today? When was I desolate and resisted? I am grateful for this awareness, even while asking forgiveness for the things I am not proud of.

**Thanksgiving**

For what am I grateful today? Be specific and savor God in all things.

**Supplication**

I invite Jesus to be with me. Who or what do I need God’s help with?