



Daily Examen

The Examen is a method of reviewing our day in the presence of God. It's practice more than a method, a breathing in for thankful reflection for God in the simple things. It has five steps, which is an opportunity for a quick quarter hour daily examen through writing or meditation.

This method is from the work of Ignatius of Loyola.

Ask God for insight: *Let's look at our day with God's eyes, not merely our own.*

Give thanks: *What are we grateful for? The day we have just lived is a gift from God.*

Review the day: *Rewind your thoughts through the day and be aware of how each section makes you feel.*

Face your shortcomings: *This is an opportunity to sit with the moments where we have caused harm. A moment of confession.*

Look toward the day to come: *I ask where I need God in the day to come.*