

# the examen prayer (a prayer of examining the day)

## Step 1: pray for the spirit to guide you

Dear God, please bring to memory anything from my day that you want to show me. Show me where you have been working and show me where I have accidentally worked against you.



## Step 2: thanking god for the day

Rewind your day to a starting point (when you first put your feet on the floor this morning). Where have you seen God at work today? As you notice God's gifts to you large and small, thank God for them (e.g. existence, work, relationships, food, challenges, kind words, experiences of creation, moments of awe, beauty and love...). Wh have you seen God at work today?

## Step 5: looking forward

You are forgiven! But do you need to make amends with anyone? Where do you want to see God more tomorrow. Pray that God will be with you tomorrow and that you will look for Him there.

## Step 3: focus on god's love

Close your eyes and picture God looking at you with a twinkle of love in His eyes. He is crazy about you! He wants the best for you.

## Step 4: where have i worked against god

You will notice as you rewind your day and count your blessings, that there were times when you chose to act in ways that hurt God, others, or yourself by your thoughts, words, or actions. *(Pause for reflection.)*  
**ASK FOR FORGIVENESS** Turn to God and say, Im sorry. (Notice how happy He is in hearing these words from you!) Ask god to help you in the future.

