



EXAMEN

Desire: *to reflect on where I was most and least present to God's love in my day.*

Definition: *The examen is a practice for discerning the voice and activity of God within the flow of the day. It is a vehicle that creates deeper awareness of God-given desires in one's life..*

Scripture: *"For this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of His will through all spiritual wisdom and understanding." (1 Thessalonians 5:24)*

God-given fruit:

- *keeping company with Jesus throughout all the highs and lows of the day*
- *recognizing God's presence in your experiences*
- *developing more discernment and receptivity to God's voice*
- *being aware of invitations to prayer that God presents to you throughout the day.*

Reflection Questions:

1. *How do you tend to recognize God's presence in your day? How do you respond to God's presence?*
2. *What has God been doing in your life in the past six months? What themes are emerging, and how will you attend to them?*

Spiritual Exercises:

1. *Take some time to sit still in God's presence. Ask the Holy Spirit to bring to mind moments of the day you are most grateful for. When were you most able to give and receive love? Talk to God about what it was like for you to be in that moment. What made it important to you? Express your gratitude to God. Journal it. What have you learned about yourself in this?*
2. *Find a quiet moment to reflect on your day or week. Ask the Holy Spirit to show you the moment for which you are least grateful. What made that moment difficult? Offer it up to God and talk to Him about it. Where was God in this moment? Thank God that He is always ready to be with you and talk to you.*