

# Examen

A practice to move from an unintentional and unaware life to one that is both intentional and aware

**Psalm 119:59 – “I have considered my ways and have turned my steps to your statutes.”**

The Examen is a practice of reviewing your day in the presence of God. It is an intentional time for thankful reflection on where God is in your everyday life. There are five steps that usually take 10–20 minutes at the end of the day.

**Ask God for insight:** Ask God to help you see your day with His eyes, not merely your own.

**Give thanks:** Accept the day you have just lived (the pleasurable and the difficult times) as a gift from God. Be grateful for it. Remember he delights in you as his child, no matter how your day went.

**Review the day:** Carefully look back at the day. Allow the Holy Spirit to point out places where you have been faithful to God’s ways and places where you have not.

**Confess:** Acknowledge and own the sin or shortcomings of the day; both in actions and in attitudes.

**Look toward tomorrow:** Ask God to give you what you need for the next day. Pay attention to what you are thinking and how you are feeling about the coming day. Allow these thoughts and feelings to turn into prayer.