

# The Examen

At the end of each day...

*Preparation:*

*The most important thing is to become aware of God's loving presence.*

*If lighting a candle helps you become aware again of God's presence, do that.*

*If taking several deep breaths helps, do that.*

*If imagining yourself in a favourite place helps, do that.*

*You can also place your hand on your heart.*

*Know that you are with God and he likes you a lot. (Like A LOT.)*

Take about 5 minutes of quiet when you ask yourself two questions:

- 1. For what moment today am I most grateful?**
- 2. For what moment today am I least grateful?**

Then take a few minutes to share your moments with one another (if you are with others) or with God if you are alone.

**There are many other ways to ask the same questions:**

When did I feel most alive today?  
When did I most feel life draining out of me?

When did I give and receive the most/least love today?

When today did I have the deepest/least sense of connection with God, others and myself?

Where was I aware of living out of the fruit of the Spirit?

Where was there an absence of the fruit of the Spirit?

What was your high/low?

Basically - when did I experience consolation and desolation today?