

## Prayer of Examen

This is a short daily prayer practice that involves reviewing the day.

1. **Relax**, sit quietly, exhale deeply and breathe in five times to get centred. “I calm myself before God.”
2. **Request** God’s presence to lead and guide you. “I ask you Spirit to guide my thoughts.”
3. **Review** the day’s events like a slide-show in your mind’s eye.
4. **Reflect** on events or conversations that seemed significant. Recall small pleasures, when your gifts, humour, strength and patience served you well. Recall when you gave and received love. What do you give thanks for? What can you ask help for?
5. **Respond** to your insights with some type of intention and preparation for the next day. “When I see my friend tomorrow, I’ll say thank you the little kindness shown me today...”

End with the Lord’s Prayer.