

THE EXAMEN PRAYER

Become aware of the love with which God looks upon you as you begin this examen.

GRATITUDE: Note the gifts that God's love has given you this day, and give thanks to God for them.

PETITION: Ask God for an insight and a strength that will make this examen a work of grace, fruitful beyond your human capacity alone.

REVIEW: With God, review the day. Look for the stirrings in your heart and the thoughts that God has given you this day. Look also for those that have not been of God. Review your choices in response to both, and throughout the day in general.

FORGIVENESS: Ask for the healing touch of the forgiving God who, with love and respect for you, removes your heart's burdens.

RENEWAL: Look to the following day and, with God, plan concretely how to live it in accord with God's loving desire for your life.