

The Examen

1. Invite the Holy Spirit to help you see the day as God sees it.
2. Be thankful. Name the gifts of your day and thank God for them.
3. Notice God's presence. Where did you feel an increase of faith, hope, and love?
4. Notice where you felt what seemed like a lack of God's presence. Where did you feel a decrease of faith, hope, and love? Why?
5. Look to the future. Ask God for the grace you need in the day ahead.

Close with an Our Father.