

Examen

Examen is the practice of discerning the voice and activity of God within the flow of the day and creating deeper awareness of God-given desires in your life.

“And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless until the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.” Philippians 1:9-10

Practice Includes:

- A regular time of coming into the presence of God to ask some questions about your spiritual growth.
- What are you grateful for? When did you give love? When did you connect to God?
- Not taking it personal, but use this practice to help shape a better day tomorrow.

Spiritual Health Benefit:

- Recognizing God’s presence in your experiences.
- Keeping company with Jesus throughout all the highs and lows of the day.
- Fostering gratitude.
- Being aware of your areas of improvement.
- Being aware of your God-given desires.

Get To It:

Work through the attached Examen guide. Begin in prayer.

Try not to rush. Spend time on each point really working through the questions.

Use the note sheets to record your thoughts.

If you finish early work through it again concentrating on another day or time in your life.

5 Aspects of Examen

1. Recall that you are in the presence of God.

- We are always in the presence of God but in prayer we place ourselves in God's presence.
- Acknowledge God and thank Him for who He is.

2. Look at your day with gratitude: ask yourself these questions

- For what moment today am I most grateful?
- What have I received? What have I given?
- Take time to thank God for the blessings of the day.
- Be specific and do not overlook the smallest of blessings.

3. Ask for help in being honest.

- Pray for understanding and clarity regarding your actions toward others.
- Don't judge yourself for what you find.

4. Review your day:

- The whole day/week/month
 - i. Think of the details of the day.
 - ii. The context and interactions of what took place.
 - iii. Think of your actions, motivations and feelings.
 - iv. Think of your interactions with others and their responses.
- When did I fail?
 - i. For what moments are you least grateful?
 - ii. What was the most life-thwarting part of your day?
 - iii. When did you engage in image manipulation?
 - iv. Did anything in your day create a barrier between you and God or between you and others?
 - v. How conscious have you been of God's presence in your life today or in the lives of others?
- When did you love?
 - i. When did you give and receive the most love today?
 - ii. Where did you give and show genuine love and grace?
 - iii. When did you receive it?
- Think of your habits and life patterns
 - i. Are any of them dragging you down spiritually? Emotionally? Physically?

- ii. What lies about yourself and the way you should live are you believing?
 - iii. Are specific people causing you to be negative?
- Be aware of both the positives and negatives
 - i. Where were you aware of living according to the Spirit?
 - ii. Where was there an absence of the fruit of the Spirit?
 - iii. How have you acted positively today?
 - iv. How have you acted negatively?
 - v. Let go of the negative responses and be aware of God's grace in your life.

5. Reconcile and Resolve

- As you have thought through your day and its blessings and interactions go to God in prayer.
 - i. Thank him for the blessings.
 - ii. Seek forgiveness for the failings
 - iii. Make a commitment to reconciling with those you may have hurt
 - iv. Pray for healing for the hurts.
 - v. Ask for help in being better tomorrow.

