

## DAILY EXAMEN

### REVIEW THE DAY/HEAR THE WORD

Review the day or recent life events in your head. Allow your mind to go frame by frame through recent events or over the course of the past 24 hours. Review the day like a DVR, allowing the Spirit to hit the pause button for you. If there is one event or situation that surfaces or continues to re-surface, stop and review the details of that situation. \*Keep in mind that recalling difficulties or hardships is ok. In fact, The Daily Examen will often lead us naturally into our sufferings. The amazing thing is that we are given the opportunity to experience that God is present for us even in [especially in] the midst of trouble and suffering.

Allow several minutes of silence for reviewing the hours and experiences of the last 24 hours or even the last couple of days. Ask group members to state simply the approximate time of day when their chosen incident occurred.

### HOW IS MY LIFE TOUCHED?

- \* Return to the thought or incident in your mind. What happened? What emotions did you feel? Remember sights, sounds etc...recreate the incident in your mind.
- \* Be receptive to a phrase or image that seems to be given in relation to it. Perhaps it's a single word, a phrase or image that surfaces, a verse from the scriptures, a song, or even a well known saying or quote you recently heard or read.
- \* Accept this as a sign of Christ's presence.

### IS THERE AN INVITATION HERE?

- \* Return once more to the incident along with the word the Spirit has given you.
- \* Offer the incident and your reflections back to God in prayer. Meditate upon what you sense God is asking of you. Journal.
- \* Allow your words to be a prayer to God.