

Daily Prayer of Examen

1. **Affirming your identity in Christ.** Spend a few minutes considering these statements, camping on the one that most resonates with you:
 - a. **I am the beloved of God and the most important resource I bring to any situation is me.**
 - b. **I am a one of a kind masterpiece of God (Ephesians 2:10), a new creation (2 Corinthians 5:17), chosen, holy and dearly loved (Colossians 3:12).**
 - c. **God's deepest desire for me is for me to be me, the me He created and re-created me in Christ to be.**

What draws you to these words? What causes you to reject them? How would your life change if you could really believe them? How would your interaction with others change if you could really believe them? What could you do to help you internalize and embrace the words stated above in bold? *Note: Pay attention to whether the Lord might be calling you to remain for a time with the above affirmations. For instance, if you have a strong negative feeling or disbelief, feel free to stay with the affirmation. You may also want to talk with someone about your experience.*

2. **Request for awareness.** Knowing that God is constantly present with you, ask him for the grace to behold him, and how he has been present in your day.
3. ***Review your day.** In this technological age you can think of this portion of the exercise like watching your day on a DVD player – but give God the remote control, and say, “Lord, stop it at the points you want to. Show me where you were present to me and what you want me to notice.”
4. **Attend to your reactions: thoughts, feelings, and bodily sensations.** Our feelings, whether positive or negative, often offer insight into the places where we need to hear God's voice.
5. **Express your reactions to God, freely, and without judgment.**
6. **Invitation/Resolution.** Ask God what his invitation is to you, and resolve to live into what God is revealing.

*Some questions you may want to keep in mind as you review the day:

1. What today was most life-giving? What was most life-draining?
2. For what moment was I most grateful? Least grateful?
3. When did I give and receive love today? When did I not?
4. When did I have the greatest sense of belonging to my true self (whom it is that God made me to be)? To God? When did I have the least sense?
5. When did I have the deepest sense of connection to God and others? When did I have the least?
6. Where was I aware of living out of the fruit of the Spirit? Where was there absence of the fruit of the Spirit?