



PRAYER OF EXAMEN

DESCRIPTION

The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. The Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience.

HOW TO PRACTICE

Psalm 139:23-24 says,

*Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.*

Let this Psalm be a prayer for you. Pray through this verse line by line and listen to what God is placing on your heart. Write these things down.

1. Search me, God, and know my heart
 - a. What am I passionate about?
 - b. What do I care about?
2. Test me and know my anxious thoughts
 - a. What is making me anxious?
 - b. What is worrying me?
3. See if there is any offensive way in me
 - a. How am I hurting myself?
 - b. In what ways am I becoming my own obstacle?
4. And lead me in the way everlasting
 - a. God, point me in the right path.