

The Examen

Become aware of God's presence

Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.

Review your day gratefully

Focus on the day's gifts. Walk through your day in the presence of God and note its joys and delights. Look at what you did, where, how and with whom. What did you receive from people you spoke to? What did you give them? Pay attention to small things—the food you ate, the sights you saw, etc. God is in the details.

Take notice of your feelings

Reflect on how you felt during the day. What is God saying through these feelings? Notice where you fell short, but don't dwell – look for what it could mean. For example, perhaps a feeling of frustration might mean that God wants you consider a new direction in some area of your life.

Focus on one thing from the day

Ask the Holy Spirit to direct you to something during the day that is particularly important. It may be a feeling, positive or negative, or an encounter with someone. It may be something that seems insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart, however it comes.

Look forward to the day to come

Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up, and allow these feelings to turn into prayer. Seek God's guidance. Ask for help and understanding. Pray for hope.

**When you have finished and the music plays,
please light a candle (if you have one).**

Lectio Divina

(holy reading)

Stage 1: Read

Read the passage once normally, then read again, this time slowly and attentively, until a phrase or a word or a whole verse gets your attention (it probably won't take long!)

Stage 2: Reflect

Focus on what has got your attention. Take time to chew it over – meditate with the word or phrase: repeat it, roll it around the mind, look at it from this way and that, repeat it again, gently let the meaning of the phrase sink slowly from your head to your heart. Don't force – just let the significance of the words emerge naturally.

Stage 3: Respond

When the reflection comes to a natural end, move into praying about the thoughts and understandings which have welled up inside you. Stay with this time too, until you are finished.

Stage 4: Rest

This is the stage of stillness that flows out of the prayer, as the words run out and silence and rest take over. Don't be afraid to let go of the words and your thoughts and just rest in the word of God.

**If you finish before the music plays, feel free to look
at the next verse and repeat the steps – or just sit
in the quiet.**