



WHAT GETS IN THE WAY?

# Daily Examen

- 1. Become aware of God's presence.** Look back on the events of your day. It may seem confusing to you – a blur, a jumble, a muddle. Ask God to bring clarity and understanding.
- 2. Review the day with gratitude.** Gratitude is the foundation of our relationship with God. Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts. Look at your interactions. What did you receive from the people you encountered? What did you give them? Pay attention to small things – the food you ate, the sights you saw, and other seemingly small pleasures. Can you see God in the details?
- 3. Pay attention to your emotions.** Reflect on your feelings. Did you feel boredom, elation, resentment, compassion, anger and/or confidence today? Can you detect the presence of God in the movement of your emotions?
- 4. Choose one event from your day, and pray from it.** Ask God to direct you to something that happened today. It may involve a feeling, positive or negative. It may be a significant encounter with another person, or a vivid moment of pleasure or peace. It may be something that seems insignificant. Remember it. Pray about it. Allow the prayer to arise spontaneously from your heart – whether it's intercession, praise, repentance or gratitude.
- 5. Look forward to tomorrow.** Think about tomorrow, and pay attention to the feelings that surface as you survey what's coming up. Are you doubtful, cheerful, apprehensive, or full of delighted anticipation? Ask God to give you light for tomorrow's challenges.