

Examen, for daily prayer

This way of praying helps you to be REAL with Jesus, and to grow in REAL ways day by day, as Jesus the light of the world, your Good Shepherd leads you on the path of light, away from the path of darkness.

Begin: **Come, Holy Spirit, come through Mary. Sign of Cross.**

1. Enter God's presence. Take a few moments to quiet down. Recall that God has accompanied you every step of the way during the day. Open yourself to God's presence. Be still with God. Pray, "Come, Holy Spirit."

2. Review the events of the day in a spirit of gratitude. Recall the day's many small gifts: a smile, a kind word you received, the clothes you put on, the sun that came up, the rain that fell. Recall that God is revealed in each of these details. Think, too, about the gifts you were able to give others: an encouraging word, a smile, work well done. Remember each moment with gratitude to God.

3. Pray for a "Spirit of truth." Ask "Holy Spirit, guide me to love the truth you help me to see." Prepare yourself to be honest, knowing that the truth will free you to grow closer to God. Place yourself in Jesus' heart or ask to be aware of His eyes looking at you with deep love. God loves you as you are.

4. How were you open to God's presence in the events of the day? Now, slowly ask questions to examine how you responded (or didn't) to God's presence in the key events of the day. When were you loving? When did you miss an opportunity to love? When did someone hurt you? Did you feel that God was far away at that time? When were you sinful? How much were you in charge of your actions, and what did you do out of habit? What truth might God be leading you to through the feelings you had during the day?

5. Bring it to Jesus. Finally, respond in prayer to the truth you know now. Imagine this as a friendly face-to-face meeting with Jesus, one in which you offer words of sorrow, gratitude, or joy, perhaps words that ask for help if someone is hurting you. Continue to listen to Jesus as you resume your daily activities.

Our Father... (on next page)

Sign of the Cross.

5 R's Examen

Begin: **Come Holy Spirit, Come through Mary.**

1. Rejoice in God's love for you.
2. Request the grace of a good examen.
3. Review your day or portion of your day.
4. Repent.
5. Resolve to do better with God's grace.

Our Father,

who art in heaven,

hallowed be Thy name.

Thy kingdom come.

Thy will be done on earth, as it is in heaven.

Give us this day our daily bread and

forgive us our trespasses as we forgive those who trespass against us.

Lead us not into temptation but

deliver us from evil.

Amen.

Rejoice! You are preparing to pray the words "Lord have mercy," in a real way when you go to Mass.

You are preparing to encounter Jesus personally in the sacrament of reconciliation.

You are preparing to leave Mass to "Go in peace, glorifying the Lord with your life."