

The Daily Examen Lent 2021

The Daily Examen is a practice of prayerful reflection on the events of the day in order to tune in to God's presence and discern God's direction for us.

Pray through the following sequence of prompts to review and attune to God's presence.

Become aware of God's presence

Look back on the events of the day in the company of the Holy Spirit. Ask God for open eyes, an open heart, and understanding.

Review the day with gratitude

Look back on your day and note its joys and delights. Focus on the day's gifts. Pay attention to the small things — God can be found in it all.

Pay attention to your emotions

Reflect on the feelings you experienced during the day. Boredom? Elation? Grief? Compassion? Anger? Confidence? What is God saying through those feelings.

(over)

Choose one feature of the day and pray from it

Ask the Spirit to lead you to something that God wants to highlight. Look at it. Listen to it. Pray about it. Allow the prayer to arise from your heart — whether it be intercession, praise, repentance, or gratitude.

Look toward tomorrow

Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Allow these feelings to turn into prayer. Seek God's guidance.

Close

Speak to Jesus like a friend. End the Examen with a conversation with Jesus. Ask for protection, help, forgiveness, and wisdom. Do this all with gratitude. Your life is a gift, blessed by God.

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The Examen can be practiced in a personal daily rhythm and in community.

Join us Wednesdays at 7 pm for a weekly practice of the Examen throughout the season of Lent at

<http://www.saintjamespres.org/lent>