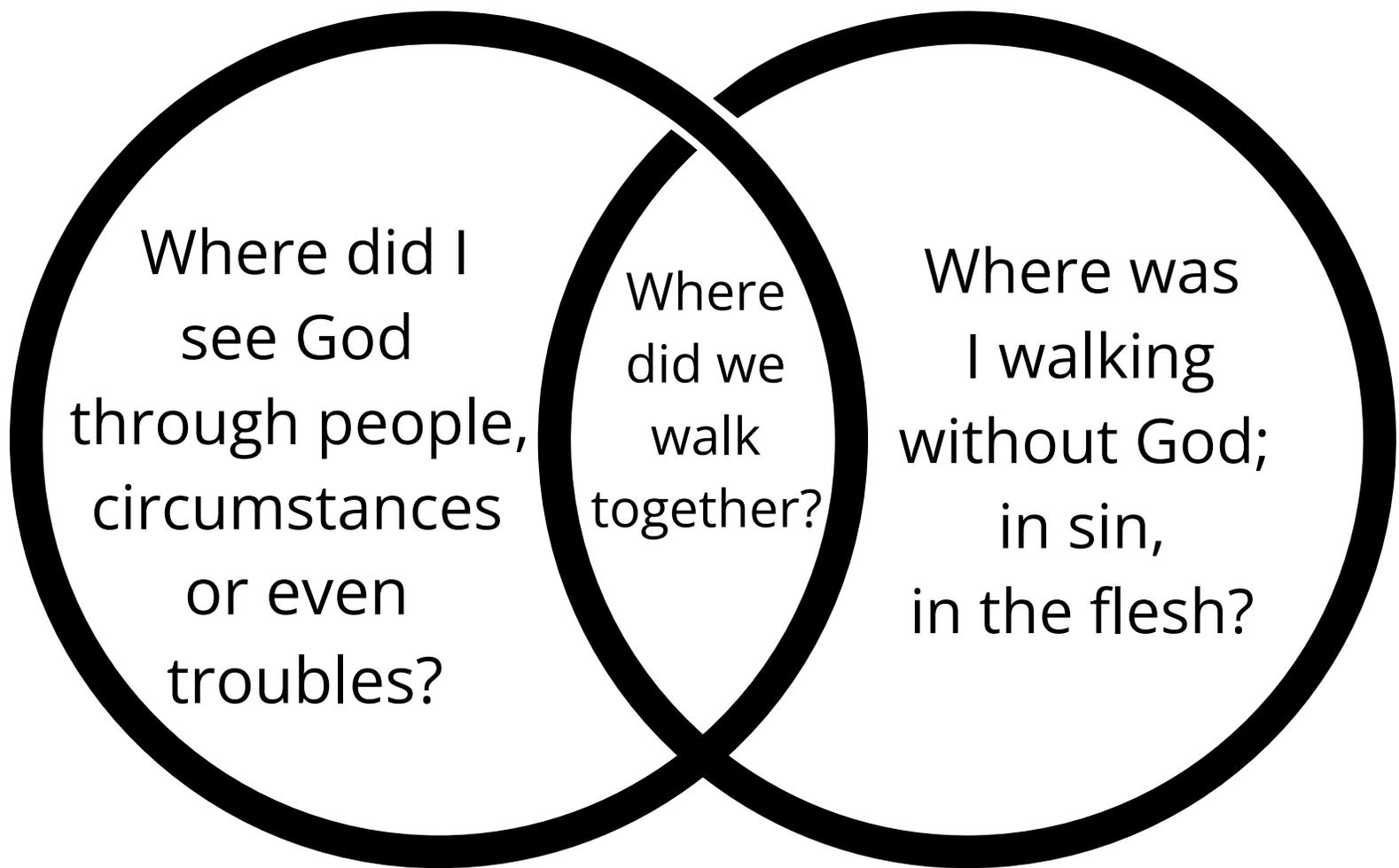


# Examen- A walk with God through your day

At the end of your day, close your eyes and ask  
God to show you your day like a movie playing  
back in your head



**Replay - Rejoice - Repent - Reboot**

## **Do it: How to pray the Examen**

### **Follow these four simple steps:**

- 1. Replay** - think over your day like a movie replaying in your head. Notice what you are noticing. What made you happy? What made you anxious? What made you angry?
- 2. Rejoice** - thank God for those things which are obvious. But also thank Him for non-obvious things which we sometimes forget - random acts of kindness, being healthy, a positive song or meal. Relish and savor these moments in gratitude to God.
- 3. Repent** - say sorry to God for moments that come to into your mind as you review the day e.g., getting involved in gossip, reacting with a tone that was aggressive, lacking compassion in a situation, ignoring a need, not responding to a nudge. Receive His forgiveness afresh.
- 4. Reboot** - make a decision in your heart to live for Jesus tomorrow and ask for grace to see His presence more clearly.

The Examen can take five minutes or one hour. If you do it once - it will be useful - if you do it every day, it can bring transformation.

Be careful (as with any prayer tool) that it doesn't become simply another duty. Think of it as a way to dialogue with God in friendship - holding the practice in context of relationship.

<https://prayercourse.org/toolshed/>