

## ***PRAYER OF EXAMEN***

- **Ask for light:**  
Give me the grace to see. Come, Holy Spirit!
- **Give thanks:**  
Thank you for your many gifts. Rest in gratitude for a few moments.
- **Review the day (the previous 24 hrs):**  
In the spirit of gratitude, reflect on the last 24 hours. How have I made use of my gifts? Where has God been present? Where did I see the Spirit's power? What's been fruitful? Did I pay attention to the Spirit and his promptings? Where did I depend on God's help? Where did I just depend on myself?
- **Face your shortcomings:**  
What am I struggling with? What do I need to confess? What can God help me with?
- **Look forward to the day ahead:**  
Look ahead to the next day and resolve to act lovingly. Asking God for help. What is one thing I should do over the next 24 hours? Listen.
- What else do you want to say to me? Listen.