

The Examen - 5 Daily Steps for Lent

Remember – Progress, not perfection. This is God’s work with you. Keep it simple.

1. Be aware that you are in God’s Presence. Give thanks for that and for God’s great love for you today. What am I grateful for? Where have I seen or felt the Presence of God today?
2. Ask for God’s Grace to see and understand God’s presence and activity in your life. Ask God for wisdom to see and hear as God does. Remind God – I need your help to do this today; please give it to me.
3. Review your day, the last 24 hours – try to recall specific moments and feelings. What did God have planned for the two of you that day? How well did I cooperate with God? What gave me comfort? What caused distress?
4. Reflect on what you did or what you missed. What kept me from walking closer to God? Where did I miss a chance to show God’s Love to another? When was I not paying attention? Did I hurt anyone today, intentionally or unintentionally? What did that hurt feel like to them?
5. Look toward tomorrow. Of the things God and I didn’t accomplish today, what can we do tomorrow? Make a plan. Keep it simple but be specific.

Finish up with the Our Father or some other simple prayer that keeps you connected to God. Then go, enjoy the day God has for you. Don’t mope.