

THE EXAMEN

WHAT IS IT?

The Examen is A FORM OF PRAYER designed to help us learn to hear and heed God's voice in our hearts more and more easily.

Basically, it consists of taking a few minutes at the end of the day (or right before dinner, if that time works better for you) to prayerfully consider how you have been responding to God's action in your heart throughout the day.

This method helps us to recognize God's blessings for us and helps track areas in our life that may require forgiveness and healing. This practice can help us with preparation for Confession.

HOW DO WE PRAY WITH THE EXAMEN?

Throughout this prayer, while you journal, you will give praise and thanksgiving for the blessed moments and ask forgiveness and healing for the difficult and painful moments. Having reflected on this past day, we then turn to the day yet to come and ask God to show us the potential challenges and opportunities of tomorrow.

There are different varieties of this method. They essentially all do the same thing. The one we will go over this evening is the CPR Method.

WHEN IS THE BEST TIME TO DO THIS?

You can jot inspired thoughts as you go along your day for reflection in the evening or you can choose to reflect on the day at one time during the evening.

WHAT IS THE SETTING?

**Find a quiet place – you are praying! Keep a notebook and pen.
Begin your prayer by asking God to guide you through your day:**

God reveals Himself in our feelings as much as He does in our clear and distinct ideas. If we want to find God more intimately we must let Him draw us at the core of our being, which means becoming more aware of our feelings. Here we recognize God's ceaseless invitation to come closer, to be more like Him, to be at one with Him. We are also conscious of the resistance to Him, which arises from sin in ourselves and in the world about us.

THE EXAMEN - CPR Method

C = Claim your blessings - Reflect on the good things that happened to you today, and explicitly recognize God's hand in them. He has been loving you every minute of the day, thinking about you, drawing close to you. Thank him for the little blessings and the big ones. See his gaze of love directed toward you. Ask him to help guide these few minutes of prayer.

P = Pinpoint victories and losses - Taking a kind of "helicopter" view of the activities of the day, examine how you lived them. Where were you selfish in your decisions, attitudes, words, and actions? Where were you virtuous and generous? Also examine how you responded to the Holy Spirit's inspirations throughout the day. As you do this, ask for (and accept!) God's forgiveness for the times you gave in to selfishness or temptation, and thank him for the graces he gave you to do good and to be faithful to his will.

R = Renew your loving commitment to Christ - Finish by renewing your faith in God and your desire to know Jesus more clearly, to love Jesus more dearly, and to follow Jesus more nearly every single day. If possible, make a specific resolution (proposal of amendment) regarding something you will have to do tomorrow – something you can do to show Christ your love in a concrete way.

End with an Our Father, a Hail Mary, and the sign of the cross, or another favorite prayer.