



This week, practice the Spiritual Discipline of Examen. Start by finding a quiet place and asking the Spirit to guide your time of reflection. Close your eyes and review the last 24 hours. Ask yourself questions like:

- What inspired gratitude today?
- What happened that was painful, sad, or disappointing?
- What moment do I now regret and need to confess?
- What moments of my day were life-giving?
- What moments of my day were life-draining?
- When did I sense God's nearness?
- When my hectic pace of life crowd out a sense of God's nearness?
- When did I give and receive love?
- When did I feel an absence of love?
- What did God teach me today?

Use the Scriptures provided to guide your Examen time. Each day has one Scripture about God's presence and one about the Lord searching our hearts.

Journal about your experience.

If you like, try the Visual Examen:

1. Start by downloading and the geometric pattern that will guide your experience.
2. In the center of the pattern, write the words of Joshua 1:5: I will be with you. I will not leave you or forsake you. Or write one of the Scriptures for the day.
3. Then, in the spaces closest to the center, write down things for which you are grateful. Did you get a hug from a preschooler? Did you see a spectacular sunset? Write down anything from the last 24 hours that brought you joy.
4. Next, ask yourself a few questions about your day. In the outer ring of the pattern, write a word or two that recalls these moments:
  - When did I feel closest to God?
  - When did I feel distant?
  - When did I mess up and sin? Where do I need to confess and receive forgiveness?

End with a time of confession and thanksgiving. If you like, color the spaces of the design while you pray. Many people find the act of coloring focuses their thoughts. (I suggest that you at least darken the spaces listing your sins so the words are no longer visible--symbolizing God's cleansing mercy.)

day one

**Scripture:** Deuteronomy 31:6-8, Psalm 139:1-6

**Journal:**

day two

**Scripture:** Hebrews 13:5, Psalm 139:23-24

**Journal:**

day three

**Scripture:** Psalm 139:7-12, 1 Kings 8:39

**Journal:**

day four

**Scripture:** Psalm 73:23, 1 Samuel 16:7

**Journal:**

day five

**Scripture:** 2 Corinthians 4:7-10, 1 Chronicles 28:9

**Journal:**