

Many Christians use a special "examen" (a Latin word for "a means of examining") at the end of the day. An examen has six simple steps:

1. FIND A PLACE TO BE STILL

Wherever you are, sit comfortably and be still. Relax, but try to be attentive to yourself and to God.

2. GIVE THANKS FOR THE GOOD THINGS OF TODAY

Recall one moment that you are grateful for from today. Remember how you felt. Notice these feelings and reflect that all good things come from God. Offer your thanks.

3. LET GO OF THINGS BOTHERING YOU

What's on your mind at the moment? What is making you feel awkward or anxious? Raise these things to God and ask for the freedom that comes with the presence of the Holy Spirit.

4. REVIEW YOUR DAY

Try to recall the other events of the day. Reflect on what has happened and how you feel about it. Trust the Holy Spirit to show you the things that are important to think through and the insights that are important to know.

5. TALK WITH GOD

Tell God anything that comes to mind – jot it down, speak it out or think it through. God already knows our needs, this is to help us identify what we need to be aware of, let go or recognize.

6. FINISH YOUR PRAYER

An examen prayer can take a few minutes or a good hour. However long you have been able to give, offer this time to God with a closing prayer.

Before the ending of the day,
Creator of the world, we pray
That you, with steadfast love, would keep
Your watch around us while we sleep.
From evil dreams defend our sight,
From fears and terrors of the night;
Tread underfoot our deadly foe
That we no sinful thought may know.
O Father, that we ask be done
Through Jesus Christ, your only Son;
And Holy Spirit, by whose breath
Our souls are raised to life from death.
Amen.

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