

PRAYER OF EXAMEN

The prayer of “Examen” is not about a test or grade that we take. But more about examining where God was with us throughout the day.



Step One: Review the day in your mind and find a moment of blessing.

Notice where God has been active on this day.

Find a time when you felt a blessing from God in your life. Thank God for allowing you to experience his blessing.

Step Two: Name the strongest feeling you have experienced today.

This step is focused on acknowledging a strong emotion that you felt during the day.

What particular emotion did you feel strongly about? Give that particular feeling a name: joy, depression, anger, satisfaction, hope, shame, regret, confusion, compassion, doubt, fear, anxiety, gratitude, etc.

Ask God about those reactions. "Why did I feel that so strongly?" "Does this strong reaction reveal my faith in God, or lack thereof?"

Step Three: Share that strong emotion with Jesus.

Be honest with Jesus about what “caused” this strong emotion in your life. Ask Jesus if he ever felt the same way you felt when he lived on earth like us.

You can go to a passage in the Gospels, where you think He reacted as you did. Read that text and explore Jesus' response.

Think, Did Jesus react like I did or differently?

Step Four: Close with prayer and action.

Close by praying based on the last point.

If your strongest emotion was that you screamed at your parent, friend, or teacher, ask God for forgiveness and for him to give you the courage to ask that person for forgiveness the next day.

If your strongest emotion was joy. Thank God for being good.

If your strongest emotion was anxiety. Ask the Father to remind you that he is in control of everything.

In the name of Jesus, amen.