

AMDG

Examen prayer at end of the day.

Preparation

- Find a place where you can be quiet and undisturbed for a few minutes.
- You might like, also, to make this place special by placing a favourite holy picture, or crucifix in front of you. You may like to light a candle or play some quiet, gentle music in the background.
- Take a moment, then, to relax, to allow the concerns and activities of the day to settle down in your mind and in your heart. You may like to become more aware of the sounds around you and then to allow those sounds to fade away as you begin to enter more deeply into yourself and begin listening to your inner self. You may like to spend a few moments breathing slowly and quietly, remembering that every breath is a gift of God and is a sign of His love and of His presence.

Beginning

- Begin by making the sign of the cross: "In the name of the Father and of the Son and of the Holy Spirit."
- Then, ask God to send you the light of His Holy Spirit to help you to see the past day with His eyes, so that you may see whatever He wants to show you of particular importance. "Lord, help me to see whatever you want me to see, so that I may grow more aware of your love for me and for the world, and that I may grow in my knowledge and love of you, of myself and of the world."

What to do

You may, then, like to play the day back in your mind and in your heart, a bit like a film, remembering the moments which strike you the most. For example:

- What Good things have I heard today?
- What good things have I seen today?
- What good people have I met and talked to today?
- Is there one thing that stands out today that has moved me?
- When have I felt inspired, full of generosity, courage, hope?
- What dreams have I started to have?

After thanking God for these gifts, spend a short time asking God for another gift, to see clearly how God is working in my life, and in the lives of others.

On the other hand, have there been moments where I have felt bored, fed up, lifeless or angry?

Ask God to show you, also, what these moments, these feelings are telling you about where God is leading you. What brings you life, life to the full – energy, a sense of generosity, hope – and what makes you feel fed up, closed in on yourself, hopeless or even fearful.

Ask God for forgiveness for those times when you have not responded as best you might to those around you or the gentle promptings of His Holy Spirit. Say a little prayer, asking to God to help you to respond more generously tomorrow.

Alternatively, you may like to look back over the day, starting from when you woke up until the present moment.

(Review this slowly!)

- How did I feel when I woke up?
- Did I pray this morning. If so, what do I remember from this time of pray?
- If I did not pray, how did this leave me feeling?
- Did I have breakfast? How did I speak to those around me?
- What was my journey to and from work or school or shopping like? Who did I meet? How did I feel?
- How did I spend lunch-time?
- How did the afternoon go? Was it, would you say, a good afternoon, if so, why and, if not, why not?
- What did I do this evening? How did that leave me feeling?

As you look back over the day, would you say that, generally speaking, it was a good day or a bad day, and why?

Now turn this into a conversation with God, asking Him to teach me. What have I learnt today about myself and my deepest desires? How is God calling me through this? What is God saying to me? I thank God for many the good gifts of the day and I ask forgiveness for the times when I have not followed Christ as I should.

Finally, what changes can I make in light of today so as to follow God more closely and the dream He has for me and the world. I ask for the grace to trust God more deeply and to follow Him more lovingly so that through His power my life may continually bear more fruit.

Finish by saying the prayer:

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.