

Examen (review of prayer)

An ecological examen

All creation reflects the beauty and blessing of God's image.

- Where was I most aware of this today?
- Can I identify how I made a conscious effort to care for God's creation during this day?
- What challenges or joys do I experience as I recall my care for creation?
- How can I repair breaks in my relationship with creation, in my unspoken sense of superiority?

As I imagine tomorrow, I ask for the grace to see the Incarnate Christ in the dynamic interconnectedness of all creation.

(Joseph Carver SJ)

Examen

Light a candle.

- Take a moment to let God look at you.
- Breathe in God's love.
- With your hand on your heart ask Jesus to bring to your heart the moment today for which you feel most grateful. Recall what was said and done in that moment. Enjoy the gratitude you feel again now. Breathe in its life.
- Ask Jesus to bring to your heart the moment today for which you feel least grateful. What was said and done in that moment? Let it be. Breathe in God's love just as you are.
- Speak to God about what you have noticed.
- Give thanks to God for your day.
- Ask help for tomorrow.

Examen (review of prayer)

Yes, here I am Lord, to have a few minutes quiet time with you. It is good to be here and to think a bit about my day...

Thanks for all the day has been and for all your gifts. These are the moments that come to mind when I think about saying "Thank you".

I'm sorry for the moments of selfishness and unkindness and any other times when I did not manage to be your hands, Jesus, your feet, your eyes, your love, your compassion for the people around me.

Please give me a nudge if there was something you were trying to tell me today when I wasn't paying attention! And promise you'll be with me all through tomorrow too, Amen.

A Simple Awareness Examen adapted by Ruth Casey fCJ

Examen particularly for Lent

Let God look at you with love.

- What are you doing for Lent this year?
- How is that working out?
- What's going well?
- And less well?
- What do you need from God to help you?

Talk with God about your Lent.

- Be still in God's gaze again.

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. (Stephen Hoyland)

Examen

Lord,

let me be still and at peace, just for a few moments, in the busy-ness of my day.

Let me be attentive to where I have been and where I am headed.

And let me see where you have been present in my life today. Amen. *Adrian Porter SJ*

Examen

- Sit or stand and let God look at you.
- Breathe in God's love.
- Breathe out into God how you are right now.
- Ask for God's light as you look over the day.
- What makes you glad? Breathe it in.
- What makes you sad? Let yourself feel it. Do not be afraid.
- Breathe in God's love.
- What do you need to help you? Let God know.

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, Amen.

(Stephen Hoyland)

Examen simple recall of day

In God's loving presence I unwind the past day
Starting from now and looking back, moment by moment

- I gather all the goodness and light in gratitude
- I attend to the shadows and what they say to me- seeking healing, courage and forgiveness
- I ask for help for tomorrow

Examen *in twenty-five words*

With God: With God I review my day

Thanks: Where do I find joy?

Sorry: Where do I find sadness?

Please: What do I ask from God?

Amen