

# The Daily Examen

- INVITATION OF THE HOLY SPIRIT
- GRATEFUL REVIEW
- FOCUS ON FEELINGS
- NARROW IT DOWN
- TURN OVER TOMORROW
- END WITH THE LORD'S PRAYER

# The Daily Examen

## INVITATION OF THE HOLY SPIRIT

Find a quiet place, pause, breathe, and acknowledge that you are in the presence of the Holy Spirit.

## GRATEFUL REVIEW

Ask for help to unravel your day and find the bits of joy. Start at the beginning and note everything from moments of beauty to deep conversations, from memory triggering smells to new snapshots you want forever stored in your heart. Every detail is a gift from your Father.

## FOCUS ON FEELINGS

Your emotions are important. They are signs reminding us of deeper truths. What feelings did you experience today, and what might God be communicating through these experiences?

## NARROW IT DOWN

Now that you have walked through your day with the Spirit, ask him to help you focus on one significant moment, feeling, or experience. You may be surprised at what bubbles up, but consider it and pray into it. Allow the Spirit to intercede and supply the words on your heart.

## TURN OVER TOMORROW

Surrender anything that is already causing you anxiety about tomorrow. Ask for strength and wisdom for any challenges that will arise, and, most importantly, ask to seek God in all of your actions. End with the Lord's Prayer.