



# THE EXAMEN

## A PRAYER OF CONSCIOUSNESS

***Begin your prayer by making the sign of the cross:***  
*"In the name of the Father, + Son, and Holy Spirit."*

Look back over today. What do you want to thank God for? What gifts have you received?

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Jesus said, "The Holy Spirit, whom the Father will send in my name, will teach you everything." Ask God's Spirit to guide your memory as you look back over today. As you look back peacefully over today, see what comes to mind. What is God trying to show you?

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Look at places you've been, things you've done, and people you've been with. Look for those moments where you've experienced light and life. Where you've experienced love, joy, peace, patience, kindness, goodness, trust, gentleness, self-control...

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God is always present in our lives to bring about the greatest good and the good of others. Ask yourself, "When did you most fully connect with God? Where did you feel most alive?"

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## A PRAYER OF CONSCIOUSNESS

Become aware of the times where you felt out of tune with God. Ask yourself, "Where did you feel least alive?" Try not to be judgmental... but simply to notice.

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What do you want to ask forgiveness for? Where have you chosen distance over closeness with God?

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*Receive God's forgiveness with confidence...*

What do you want to ask God for? What do you need to be strengthened in order to follow the way the Spirit is leading you? Ask God for whatever you need. Ask God to open your heart to whatever surprises may come. Ask God to open your eyes to notice God in unexpected places. To open your ears to tune into the voice of the Almighty.

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***End your prayer with:***

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