

The Examen:

- Find a quiet place and make yourself comfortable.
- Rest in silence for a few moments.
- Ask the Holy Spirit to lead you as you reflect.
- Think back on your day.
- Ask God to bring to your heart the moment today for which you are most grateful. If you could re-live one moment, which one would it be? Ask yourself what was said and done in that moment that made it so special and life-giving. Allow yourself to re-live the experience of that moment.
- Then ask God to bring to your heart the moment for which you are least grateful. Ask yourself what was said and done in that moment that made it so difficult. Sit with whatever you feel without trying to change or fix it. Offer that moment to God for healing.
- You may want to write down your answers to the two questions—even if all you write down is a word or two. (At periodic intervals, you may want to review what you have written to gain additional insights.)
- End by giving thanks to God for whatever you've experienced, and for all the ways God has been with you, through both the joy and the pain.

- You may wish to try alternative pairs of reflection questions, such as:
 - When did I feel most alive today? When did I most feel life draining from me?
 - When did I give or receive the most love today? When did I give or receive the least love today?
 - When did I feel closest to God or most distant from God today?