

Daily or Weekly Examen
A Reflective Review of the Day or Week

Sit quietly and relax. Light a candle if you'd like.

Reflect back over the last 24 hours or week and look for your moments of consolation.

You may use these questions as a guide:

- For what moment am I most grateful?
- What experience felt most life-giving to me?
- When did I feel most contented, most like myself?
- When did I sense God's presence most fully?

Reflect again over the last day or week and look for your moments of desolation.

You may use these questions as a guide:

- For what moment am I least grateful?
- What experience drained life from me?
- When did I feel the most discontented, uncomfortable, and the least like myself?
- When did God seem absent?

Do I notice God's presence in any of this?

Spend a moment in prayer aware of the presence of God with you in both the consolation and desolation. You may choose to breathe in gratitude from your moments of consolation and breath love, compassion, healing into your moments of desolation.

Give thanks for both moments and for what they have to teach you about what gives you life and what does not. Release yourself into God's care, and rest in the comfort of God's everlasting love.

*Adapted from: *Sleeping With Bread: Holding What Gives You Life*,
Dennis Linn, Sheila Fabricant Linn, Matthew Linn, 1995 Paulist Press*