

EXAMEN

1. Ask for God's presence

show me the light of your countenance, O God, and come to me. from Psalm 67

2. Express gratitude

give thanks to the Lord, for he is good, and his mercy endures forever. from Psalm 107

3. Reflect on the day:

- When did I see evidence of God's presence?
- When did God seem absent from my life today?
- Do I have anything to confess from today?
- Were my words life-giving or life-taking?
- What habits did I continue to build today? Are these helpful or hurtful?

4. Look forward

may I sense you every moment, and make my whole life a prayer. from Common Prayer