

SELF REFLECTION AND EXAMINATION

The practice of daily self-examination (usually at the end of day) is often called *examen*—from the Latin word referring to the weight indicator on a scale, thus suggesting the idea of an accurate assessment of the true situation. The examen can either be an assessment of your faithfulness (examination of conscience) or awareness of God’s presence (examination of consciousness).

Here are some questions that might help.

1. Become aware of God’s presence in this quiet moment.
2. Imagine, recall, or glance at the happenings of your day.
3. Be still and aware of what arises.
 - What makes you grateful?
 - Where was God in the day for you?
 - Who comes to your mind? What situations—not only in your personal life, but in the world—come to mind?
 - When did you do justice, extend mercy?
 - What feels like a missed opportunity?
 - For whom do you feel called to continue to pray?
 - What lingers in your heart that you need to pray for or do something about?
 - What questions arise about your life, your community, your world?
4. Hold all this before God, offer yourself to God's care, and rest.

EXAMEN USING THE LORD’S PRAYER

Reflect on your life over the last week, using the model of the Lord’s Prayer and the questions provided.

“Our Father in heaven, hallowed be your name” –

- How have you attended to God’s holy presence in your life this week?
- Where and in what ways were you especially aware of God?

“Your kingdom come, your will be done, on earth as in heaven” –

- In what ways did you seek God’s will?
- In what ways did you succeed or fail in allowing God’s yearning for the common good to rule your attitudes and actions?

“Give us today our daily bread” -

- What is the bread, physical and spiritual, that sustained you this week and for which you are grateful to God?

- What did you do with bread beyond your needs?
- With whom did you break bread or share your bread?

“Forgive us our sins as we forgive those who sin against us” –

- Did you forgive those who offended or harmed you? What steps remain to restore the peace?
- Whom did you harm, and what actions did you take to make amends? What steps remain?

“Save us from the time of trial and deliver us from evil” –

- Where was your faith (patience, love, hope) tested this week?
- In what ways did you fail the test?
- In what ways were you delivered?
- What did you learn about your limits and where to find the strength you need?

“For the kingdom, the power, and the glory are yours, now and forever”

- Give thanks to God for divine blessing and bounty.
- Name the blessing of this past week and relinquish them to God.
- Spend time in prayer praising God and rededicating your life to walking with Christ.

Amen.