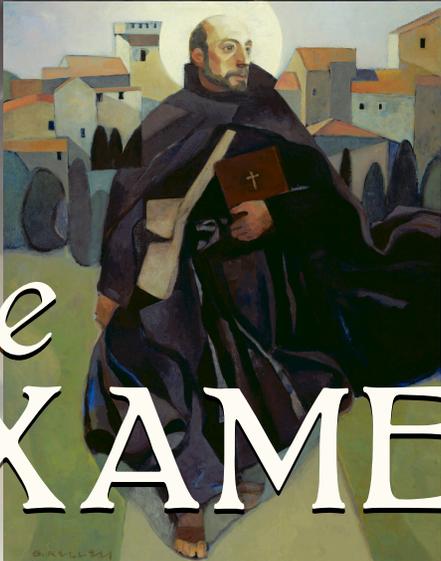


the EXAMEN

The *Examen* is a method of reviewing your day in the presence of God. It's actually an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life. It has five steps, which most people take more or less in order, and it usually takes 15 to 20 minutes per day. Here it is in a nutshell:

- 1** Ask God for light.
I want to look at my day with God's eyes, not merely my own.
- 2** Give thanks.
The day I have just lived is a gift from God. Be grateful for it.
- 3** Review the day.
I carefully look back on the day just completed, being guided by the Holy Spirit.
- 4** Face your shortcomings.
I face up to what is wrong—in my life and in me.
- 5** Look toward the day to come.
I ask where I need God in the day to come.



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The Four R's of Lectio Divina

***Lectio* (Reading)**

Take your time and read the passage. Get a sense of what it is saying. Read the passage a second time. Listen for any words or phrases that strike you, and listen in your heart.

***Meditatio* (Reflecting)**

Read the passage again, slowly. As you pause on the words or phrases that strike you, take time to consider what the word, phrase, or passage means, particularly in your own life.

***Oratio* (Responding)**

Read the passage again, slowly. Consider now how God has spoken to you in this passage and respond back to God. You may want to consider how this passage is asking you to act differently.

***Contemplatio* (Remaining)**

Now take some time to simply remain in the presence of God.

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