



Examen

Examen is a practice for discerning the voice and activity of God within the flow of the day. It is a vehicle that creates deeper awareness of God-given desires in one's life.

Explore: To notice both God and my God-given desires throughout the day. .

Scripture: ○ “For this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding.” Colossians 1:9

Includes: ○ A regular time of coming into the presence of God asking two of the below questions:

- For what moment today am I most grateful? For what moment today am I least grateful?
- When did I give and receive the most love today? When did I give and receive the least love today?
- What was the most life-giving part of my day? What was the most life-thwarting part of my day?
- When today did I have the deepest sense of connection with God, others and myself? When today did I have the least sense of connection?

Fruits:

- Recognizing God's presence in your experiences.
- Developing more discernment and receptivity to God's voice.
- Keeping company with Jesus throughout all the highs and lows.
- Being aware of your growing edges.

Short Methods for Examen

- A. Make a list of feeling words. For example: *accepted, anxious, apathetic, confused, defeated, disgusted, ecstatic, enraged, paranoid, weepy, undecided*. Then begin to ask yourself the examen questions. Let these words help you articulate what drains or saps you and what gives you life. Let this knowing inform your choices.
- B. Light a candle and become still in the presence of Christ. Place your hand on your heart and ask the Holy Spirit to bring to mind the moment of the day you are most grateful for. When were you most able to give and receive love? Talk to God about what it was like for you to be in that moment. What made it important to you? Breathe in your gratitude to God. Journal your gratitude to God. What have you learned about yourself in this?
- C. Reflect over the past year. List the things that brought you life and the times you were able to truly give and receive love. Make another list of the life-thwarting moments. What do you discover about yourself? How can this self-awareness help you choose a healthier, God-directed life?