

5 R's of Examen

CONFIDENCE

Start with a few **deep centering** breaths, reminding yourself that you are in God's presence.

1 Relish the good moments. Think of the moments in the past couple days where you saw God at work. Remember the moments of confidence & goodness.

2 Request God's help. Give the Holy Spirit permission to search your heart for all things that have hindered your confidence in God, and allow Him to guide your review.

3 Review your day. Reflect on the past 24 hours, and try in particular to name your fears. Think of the things that you have had a hard time facing and getting past.

4 Repent of any failures. Repent of the times you have neglected to seek God's presence and tried to overcome fears and obstacles on your own strength.

5 Resolve to live tomorrow well. Receive the Lord's forgiveness and the freedom to try again - to find confidence in God this week, and to seek His goodness in the land of the living.

Take a few deep **centering breaths** & thank God for this time together.

