

5 R's of Examen

FORGIVENESS

Start a few deep **centering breaths**, reminding yourself that you are in the presence of God.

1 Relish the good moments. Spend a few moments thanking God for some of the blessings of the past few days, big or small. In this particular examen, thank God for any recent experiences of forgiveness. Maybe you were able to be gracious to someone who pushes your buttons, or experienced healing in a troubled relationship.

2 Request God's help. Ask the Holy Spirit to guide your review. Ask God to show you any lingering wounds or unconfessed sins in your heart. Ask for the grace to keep God and his will at the center.

3 Review your day. In this particular review, allow God to show you how a relational wound has been affecting you recently. With God's help, look at your feelings around this wound, and how it has impacted your thoughts, behaviors, and relationships. Look with God at any ways in which you have been withholding forgiveness.

4 Repent of any failures. Confess to God any sin that came to light during your review. Ask for forgiveness for people you hurt and times when you allowed your emotions to get the better of you. Ask for God's healing for yourself and others. Allow yourself to experience the grace of that forgiveness.

5 Resolve to live tomorrow well. Look with God toward your immediate future with longing and hope. With God's help, to whom can you extend forgiveness? Think of any relationship challenges you know you're facing, and ask God for the particular grace you'll need to meet them, whether it's patience, compassion, wisdom, or courage.

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

