

R's of Examen

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

 **Relish** the moments that went well and all of the gifts you have today. What are you thankful for in the last day? Allow both the big and small things to come to your mind. Everything from your family, to your lunch, to hitting so many green lights.

 **Request** the Spirit to lead you through your review of the day. We need to review the past day in order to learn and grow, but we can't do it well without help. Ask specifically for the Holy Spirit to guide your review, lead you towards what He wants you to see, and keep God's will as the focus of our prayer. Without this help, we can succumb to the temptation/tendency to make the prayer all about us.

 **Review** your day. Review your day, hour by hour, looking for places where God was with you, times you followed Jesus well, and times you didn't. Pay special attention to your emotional responses to the events of our day, as they can be clues to God's movement in your life. What were the significant emotions of your day, and how might God be speaking to you through these emotions? Continue to ask the Holy Spirit to guide your thinking, but avoid denial or intense recrimination.

 **Repent** of any mistakes or failures. If you have knowingly sinned, ask God for forgiveness. If you have unintentionally made a mistake, ask God for wisdom in how to repair that mistake, learn from it, and avoid it in the future. Ask God for healing for yourself and others involved.

 **Resolve** to live tomorrow well. Choose one piece of wisdom you have received and resolve to live that out the following day. Then think through the following day, focusing on any challenging moments you see coming, and ask for strength and wisdom for those moments.

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

