

5 R's of Examen

REDISCOVERING JOY

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

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 joy.

2 Request God's help. Ask the Holy Spirit to guide your review. Ask specifically for the Holy Spirit to lead you towards the moments of joy He wants you to see, and keep God's will as the focus of our prayer.

3 Review your day. In this particular review, ask God to bring to mind those moments when you might have missed joy, or stifled joy, or robbed others of joy.

4 Repent of any failures. Repent of those things and ask for and pray to receive His forgiveness for the ways you might have missed or stifled joy in yourself and others.

5 Resolve to live tomorrow well. Resolve to choose joy this week – bask in God's wonderful ways, beautiful world, unstoppable purposes, and unfailing love.

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

