

The Practice of the Examen

Questions

What blessed me today?

What troubled me today?

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?

When did I feel the most alive today?

When did I most feel life draining out of me today?

What has enhanced an authentic and mutual relationship with Christ today?

What has impeded an authentic and mutual relationship with Christ today?

When today did I have the greatest sense of belonging to myself, others, God and the universe?

When did I have the least sense of belonging?

When was I happiest today?

When was I saddest?

What was today's high point?

What was today's low point?

When today did I ask for what I needed?

When today did I not ask for what I needed?

When today did I do something because I enjoyed it rather than because I should?

When today did I do something because I should rather than because I enjoyed it?

...and how is God present, moving, active in that?

When?

- As part of daily prayer
- Regularly with a small group
- Regularly with your household
- At the end of a meeting
- Annual life review
- The final Examen
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