



PRAYER OF EXAMEN

The Prayer of Examen is an ancient prayer of reflection, beautiful in its simplicity, which helps us to refocus our hearts and minds.

How often do we come to the end of a day and wonder where the time went, or regret the way we handled a situation or treated someone, or received good news, but didn't take time to celebrate it?

The Prayer of Examen is an opportunity to:

- Discern God's Presence in every moment and in all things.
- Express our gratitude for God's many blessings.
- Review the highs and lows of each day.
- Pray for our heart to be aligned with God's.
- Ask God for the strength, patience, peace, wisdom, and grace to fulfill His will for our lives.

A PLACE TO BEGIN:

If you find it difficult to sit quietly with God, choose a Scripture verse such as Psalm 46:10 to read and think about:

"Be still and know that I am God."

Then spend a few minutes reviewing your day. The questions on the back will help you get started.

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QUESTIONS TO GET YOU STARTED:

- What brought me joy today?
- Who or what encouraged, inspired, or made me smile?
- What left me feeling drained, anxious, angry, or impatient?
- Where did I lean into God's Presence?
- Where did I resist God?
- How did I show God's love to others today?
- How did the Spirit prompt me to serve others?
- Who or what am I most grateful for today?
- Who or what am I least grateful for?
- Where did I fail to show others the love of God?
- Do I need to seek restoration in a relationship?
- What might God be trying to teach me?
- When did the Spirit invite me to be more like Jesus today?
- Where am I grasping for control?
- As I think about tomorrow, what do I need to release?
- How did the "God of disguise" surprise me today?
- How might God fan the flame of my faith tomorrow?

THE FIVE STEPS OF THE EXAMEN:

1. **NOTICE GOD'S PRESENCE** - Review your day and note when you experienced God's Presence.
2. **GIVE THANKS** - As you review the day, thank God for each blessing and gift you remember.
3. **ASK FORGIVENESS** - Be honest about the moments when you fell short today and ask for God's forgiveness.
4. **CHOOSE ONE THING** - Talk with God about a specific situation from today.
5. **PRAY ABOUT TOMORROW** - Ask God to guide you through every step of tomorrow.

Thrive in a life with chronic illness.

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