

# Spiritual Practice: The Examen

After quieting yourself down and becoming centered in the present moment, spend some time going back over the events of the past 24 hours. Recall as much detail as you can: where you were, what you did, what you said, what was said to you, how you felt, etc. Then do the following:

- Call to mind two or three things from the day for which you would like to thank God.
- Call to mind two or three things from the day which caused you concern, anxiety, or worry, and offer them to God.
- See if you can identify one point during the day where God touched your life, where God was revealed to you or spoke to you in some way.