

# Praying the Examen

## 1 Breathe

Pause, be still and allow yourself to become aware of God's presence.

Use a simple breathing prayer - reading the words 'Be still and know that I am God' as you breathe deeply, 3 times.

## 2 Reflect on your day

Ask God to speak to you and give you His insight as you remember and process the events of your day. Notice any emotions that may be stirred as you remember the events of your day and bring curiosity to them. Ask God to show you where He has been at work in your life today.

Is there anything troubling your mind?  
Talk to God about it

Is there anything you feel is weighing you down that you have carried through this day?

A feeling of regret for something you feel led to confess?

A concern that you want to bring to God in prayer?

Is there anything you are holding onto from this day that you need to let go of.

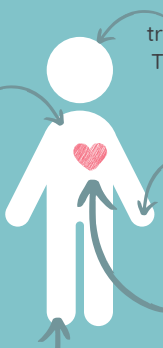
## 3 Be thankful

Where has God been at work in your life today?  
What has made your heart sing?

What are you thankful for?  
Bring your prayers of gratitude to God

## 4 Invite God

to go ahead of you into tomorrow - whatever it is you will be stepping into.



A simple reflection tool -  
HEAD - SHOULDERS - HANDS - HEART - FEET  
[www.wonderfulme.org.uk](http://www.wonderfulme.org.uk)

