

The Particular Examen

It is recommended that you practice doing examen, at least twice a day. Do keep in mind that this is not an intellectual exercise. It is a prayer. Do not feel compelled to use the same words I happen to use here unless they are helpful. In the beginning, they may be helpful, but as you become comfortable, use your own words.

Thanksgiving

Father, I rejoice in Your love for me. You thought of me and so loved the idea of me that You created me. Each moment You are at work, loving me into existence. Thank You, Father for accepting me as I am. (Here, I thank God for any special gifts I received this particular day e.g. the weather, a good book, a holy desire, a good joke ... etc.)

Petition

Father, You know me better than I know myself. Please help me be aware of how You worked in and around me today. I wish to respond to Your call for me, with obedience and love. However, for me to follow Your will, I first need to know what it is. Please help me listen and hear the voice of Your Spirit in me that I may see how You see me.

Reflection

In this section you ask yourself some questions as you go through the previous few hours since your last examen. You think of the answers as you are guided by the Spirit. An example of these questions could be as follows:

1. How am I feeling right now? Why?
2. Is this leading me to God or away from God?
3. What happened today that shows me that God loves me?
4. What did I do to show my love for God? And/or how did I respond to God's love?

Contrition

Father, thank You for Your care and guidance in the last few hours. I am sorry for the way in which I was not sensitive to Your Spirit in me. I love You, Lord, and You know where and how I need healing and forgiveness. I surrender myself to You completely.

A look to the future:

Father with hope I look to the future. You accept me the way I am and You allow me to grow. You give me time and grace, opportunity and space. I place the time between now and my next examen in your hands. I ask you to make me more sensitive to Your Spirit in me. May my life between now and then be united to the life of Your Son, my Lord and Savior, Jesus.