

The Examen

Thanksgiving

Lord, I realize that all, even myself, is a gift from you.

~Today, for what things am I most grateful?

Intention

Lord, open my eyes and ears to be more honest with myself.

~Today, what do I really want for myself?

Examination

*Lord, show me what has been happening to me
and in me this day.*

~Today, in what ways have I experienced your love?

Contrition

Lord, I am still learning to grow in your love.

*~Today, what choices have been inadequate
responses to your love?*

Hope

Lord, let me look with longing toward the future.

~Today, how will I let you lead me to a brighter tomorrow?

*Adapted from Through All the Days of Life,
a collection of prayers compiled by Nick Schiro, S.J.*