

## **AWARENESS EXAMEN**

*(Don't judge, just look)*

### **1. Prayer for the Holy Spirit**

*I get into a comfortable position. I let my muscles relax and mind quiet down. I take a deep breath and ask God to make his presence known around and in me. I feel this presence and soak in it.*

*“Come Holy Spirit, light the fire of my heart. Teach me your ways. Show me the presence of God in my day.”*

### **2. Where was God in my day?**

*I ask God to reveal all the gifts and graces given by God to me today, from the big ones (life, safety, love) to the small ones (a good night's sleep, a phone call from a friend, a compliment). I thank God for each of these gifts.*

I ask God to fill me with his love. I ask God to be the leader of this prayer time, rather than me judging my day or myself.

### **3. Where did I miss God?**

*Going hour by hour, I review my day. In my imagination, I relive each significant moment of my day. I linger in the important moments and pass quickly over the less relevant ones.*

*I continue thanking God for the gifts I find in my day. I pause at any of the difficult moments of my day. I pay attention to any missed opportunities, when I could have acted in a certain way but didn't. (I don't judge...just acknowledge).*

When I find moments in which I was not the person I was called to be, I ask God's forgiveness. I sense his healing mercy wash over me.

### **4. Response for tomorrow.**

*I ask God to show me, concretely, how he wants me to respond or what he wants me to do tomorrow. I ask God to show me what kind of person he is calling me to be tomorrow. I resolve to be that person and ask God for his help.*

*I ask myself if there are any last words I wish to say to the Lord.*

### **5. Prayer of gratitude**

*Thank you God for promising to be with me.*

*Thank you for delivering me from the evil one.*

*Thank you for your presence with me now.*

*Thank you for a grateful heart which sometimes can't find words to pray.*

*Thank you God, for saving me in Jesus Christ. Amen*