Freedom
CHRISTIAN COUNSELLING

The Daily Examen

The Examen is a Christian prayer practice rooted in the spirituality of St Ignatius of Loyola. Set aside 5 to 10 quiet minutes, perhaps near the end of your day. You can reflect silently, speak to God or write a few words.

Come as you are. You do not need to force a feeling, find an answer or review every detail. Let this be a time of honesty, grace and connection with God.

1 Become aware of God's presence

Settle into a comfortable position. Takea few slow, natural breaths if that feels helpful. Remember that God is with you, and ask Him to help you see your day with love and clarity.
A helpful suggestion: If you are finding it hard to connect with God's presence, remember a time when you felt close to Him. Take a moment to immerse yourself in that memory and recall what it was like to be with Him.

God, help me become still and aware of Your presence.

2 Review the day with gratitude

Gently recall your day,from morning until now. Notice a kindness, a conversation, a moment of beauty or something that sustained you. Thank God for these gifts. Gratitude can sit alongside pain.
What am I thankful for today, even in a small way?

3 Pay attention to your emotions

Notice moments of joy, peace, sadness, anger, fear or frustration without judging yourself. Bring these feelings to God. Consider what they reveal about your needs, experiences and responses.
What did I feel today? God, what might You be inviting me to notice?

4 Choose one feature and pray from it

Choose one moment that stands out. Talk honestly with God about what happened and how it affected you. Ask for comfort, healing or wisdom. Where needed, seek forgiveness and help to make things right.
God, this is the moment I want to bring to You...

5 Look towards tomorrow

Consider the day ahead. Share your hopes and concerns with God, and ask for the grace and strength you need. Notice one small, caring step you could take. Close with the prayer below or the Lord's Prayer.
What do I need for tomorrow? What is one step I can take with God?

A closing prayer
Loving God, thank You for being with me today. Receive my gratitude, my struggles and all that remains unfinished. Help me rest in Your love and walk into tomorrow with Your wisdom and grace. Amen.