

THE EXAMEN FOR PERSONAL AND SOCIAL TRANSFORMATION

A rendering of the Daily Examen by the Reverend Dr. Daniel Rodriguez Schlorff
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1. Be Still and Know...

- Consider how much you need the Spirit's peace and presence.
- Become aware of the presence of Spirit in your life.
- Rest in that presence.
- Breathe in deeply, "You are mine."
- Exhale deeply, "I am Yours."
- Without rushing, bask in the Spirit's presence.

3. Check-in with Emotions

- Become aware of your emotions in your body. (e.g., "I feel anxious in my chest." Or simply, "I feel joy.")
- Become aware of what drew you closer to Spirit.
- Become aware of what drew you away from Spirit.
- Become aware of what enlivened your soul.
- Become aware of what deadened your soul.

5. Visualize with Hope

- Visualize how you want the coming day to unfold.
- Look with hope towards the coming day... because the coming day is already blessed.
- Commit to take practical steps (SMART Goals?) to live a life of mission and vocation in the coming day.

1. Be Still and Know...

2. Practice Gratitude

3. Check-in w/ Emotions

4. Pray

5. Visualize

6. Go Forth

2. Practice Gratitude

- Consider all the events of the day so far.
- Be grateful for the nature of these experiences as "another growth opportunity," without judging anything as either inherently negative or positive.

4. Pray

- Confession: Briefly consider the ways in which you have not lived up to your highest ideals (e.g., people you might have hurt, things you might have left undone) from which you desire freedom.
- Intercession: Pray for others.
- Supplication: Ask Spirit to work with you in manifesting your heart's desires. Be very specific in these prayer requests.

6. Go Forth, Being Sent

- Going beyond #2 (the gratitude exercise, specifically thank Spirit for always being with you, within you, behind you, before you, beside you... and to go with you on your way.