

THE EXAMEN

1

START WITH A PRAYER FOR UNDERSTANDING.

Ask God to shine a torch on the things you should be concentrating on as you go through the day

2

LOOK FOR THE GOOD THINGS & THING YOU ARE THANKFUL FOR...

Go back over the past 24 hours noticing things that were good/enjoyable or meaningful. Say thank you to God for those things.

THE EXAMEN

3

**NOW IMAGINE YOURSELF WALKING BACK
THROUGH YOUR DAY...**

**Follow yourself in your imagination. Notice
the feelings that rise up as you remember
the day. Pay special attention to the
incidents which jump out to you.**

4

**CHOOSE THE SITUATION WHICH YOU
ASSOCIATE THE STRONGEST FEELINGS.**

**It can be positive or negative (it will vary
each day). Trust that the thing which
jumps out to you is the one God wants you
to focus on. Ask God if there is anything
else you should notice about it.**

**Pray for anything that has arisen out of
your examination**

THE EXAMEN

5

**NEXT, THINK BRIEFLY ABOUT THE DAY TO
COME.**

**Mentally walk through what you are
expecting to happen. Again note the
feelings or emotions you associate with
these feelings. Pray about anything that
arises**

6

**FINALLY, IMAGINE HANDING OVER TO GOD
THE THINGS YOU HAVE THOUGHT ABOUT...**

**You could imagine literally picking them up
and putting them at the cross: things you
are grateful for, things you are worried
about, whatever your thoughts have led**

you to.

BCV