

A DAILY EXAMEN

PREPARATION

BEGIN WITH A PAUSE and five slow, deep breaths. Ask God for his divine help; to bless your memory; to see truthfully into the day that is past.

THANKSGIVING FOR GIFTS AND CONSOLATIONS

What gifts did God give you today?
Of a sense of his presence? When?
Of hearing his voice in his Word? What did he say?
Of material blessing or comfort? What was it?
Of spiritual joy?

Thank God for them. And like the Blessed Virgin Mary, treasure these things in your heart.

INQUIRY INTO SINS AND DESOLATIONS

Are you conscious of any commissions of sin?
If so, repent to the Lord for these specifically.

Today at any point were you:

Resentful? Selfish? Dishonest?

Do you owe an apology to anyone?

Was there anyone you failed to love?

Was there anything that you did that the Lord Jesus would have been done in a better *manner*?

Did you get lost in hurry and engrossment?

When? What precipitated it?

Did you experience an inner bewilderment and lostness?

What precipitated it?

LOOKING AHEAD TO TOMORROW

What aspect of your inner life do you want to focus your attention and spiritual labor on tomorrow? Pray for the Holy Spirit to transform your will.