

## **DAILY EXAMEN**

A daily or regular exam is a prayer.

I begin with a time of [Thanksgiving](#).

- What am I grateful for today?
- Where, when and how did I acknowledge a spirit of thanksgiving?
- What have I taken for granted today?
- What has happened today to which my response has been gratefulness, satisfaction or contentment?
- How have I expressed my thankfulness to others, God and myself?

Too much attention to my victories and failures may make me self-absorbed and confirm the illusion that I manage my life. A daily or regular exam prayerfully asks the question,

[“How am I responding to God’s loving action in my life?”](#)

- How was I drawn to God today? Perhaps, I sensed God’s presence through a friend, an event, a book, nature, music, etc.
- Have I learned anything about God in today’s events, circumstances, etc.?
- Did I meet God in my fears or joys, understandings or misunderstandings, etc.?
- Did a scripture speak to me today?
- Did I bring Christ to my community or did they bring me to Christ?
- Have I seen God’s presence in the people I have been with today?
- Did I go out to the lonely, sorrowful, discouraged, needy, etc.?
- Was I aware of God’s work in my locality, my country, other nations, etc.?
- Have I experienced a deeper sense of God’s love for me?
- Have I experienced a deeper sense of my sinfulness for which God offers forgiveness and healing?
- Is there some part of my life still untouched by Jesus Christ and where I am being called to a change of heart?

Journaling is helpful in this process. May the Lord bless you!

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