

Practicing Examen:

1. Find a comfortable spot.
2. Invite God to go with.
3. Replay the events of the day.
 - spiritual practices
 - meals
 - appointments
 - interactions with others
 - significant events at work

Reflect on where God might have been speaking to you, guiding you, or showing you love.

4. Give thanks to God for each part of your day.
5. Confess attitudes, actions or moments when you fell short of exhibiting Christlike character.
6. Ask forgiveness.
7. Seek out spiritual friendship.



Examen

We don't know we're out of tune unless:

1. Part of our life becomes _____.
2. We _____ and _____ regularly.

We often don't even realize when we are conformed to the "_____ of this _____."

The Prayer of Examen is the exercise where we turn off cruise control and examine our lives in relation to _____ and the way of the _____.

Psalm 139

The practice of Examen acknowledges what is already true about you—that you are _____. (vs 12)

He knows _____...and _____ you anyway!
(Romans 5:8)

Examen Awakens us to:

1. The _____ of God in our lives. (vs 7)

God is _____ and _____.

2. The gift of _____. (vs 13-14)

God created us with _____ and abilities and even _____.

3. The _____ within. (vs 19-22)

Our _____ isn't always calibrated right. (1 Cor 4:4)

When we do soul training, we train our mind, but also our body, and our _____—our feelings, desires and emotions.

God might show you:

- unChristlike _____;
- sinful _____
- sinful _____
- _____ ways of living.

4. _____ in Jesus.

- God will not _____ us because of our sin.

Some of the most freeing words in the English language are
“ _____ forgive you and _____ forgives you, too.”