

Daily Examen: A Spiritual Discipline for Everyone

Wind Down: Get in a cozy spot and make sure you are comfortable. Take some deep breaths.

You don't have anything else to do now, except talk to God, who loves you and wants you to rest. "God, you have been with us all day long, since the time we woke up until now; help us to remember our day, so we can bring it to you."

Remember Your Day: Review the events of the day, begin at the beginning. "What happened in the morning when we woke up? . . . What happened at school? . . . When we got home? . . . When were we angry? . . . Sad? . . . Happy? . . . What was beautiful? . . . What was amazing?" You might use a journal or white board, words or pictures.

Respond to God: Think about when God was with you, how might you know? Was God with you when you were happy, sad, frustrated? How did you respond to God's presence? When were you thankful? When did you ask for help? When were you loving? When weren't you loving?

Pray the day: What does God think about the day? Was it beautiful, sad, boring? You don't have to be fancy, use simple words of praise, thankfulness, repentance, forgiveness, and petitions for the grace to draw closer to God in the coming day. You might end by saying the Lord's Prayer.

Highs and Lows

A simple way to prepare young children for a longer, more involved examen is to begin with a daily "highs and lows" check-in, perhaps at dinner. Each family member can share a high and low. Close by praying for highs and lows together.