

## **An Outline of the Examen**

**Transition:** I become aware of the love with which God looks upon me as I begin this examen.

**Step One: Gratitude.** I note the gifts that God's love has given me this day, and I give thanks to God for them.

**Step Two: Petition.** I ask God for an insight and a strength that will make this examen a work of grace, fruitful beyond my human capacity alone.

**Step Three: Review.** With my God, I review the day. I look for the stirrings in my heart and the thoughts that God has given me this day. I look also for those that have not been of God. I review my choices in response to both, and throughout the day in general.

**Step Four: Forgiveness.** I ask for the healing touch of the forgiving God who, with love and respect for me, removes my heart's burdens.

**Step Five: Renewal.** I look to the following day and, with God, plan concretely how to live it in accord with God's loving desire for my life.

**Transition:** Aware of God's presence with me, I prayerfully conclude the examen.

Taken from: Timothy M. Gallagher, *The Examen Prayer* (New York: Crossroad, 2006).