**Daily Examen**

More than four hundred years ago, St. Ignatius of Loyola, created the Daily Examen as a way of bringing each day before God. The Examen invites us to reflect on how God has been present in each day, especially through the events we experience and the people we meet. This is our chance to realise that God is not relegated to the far beyond but can be found in the middle of our lives. There is nothing too great or too small that we cannot bring before God. Prayer is a time to reconnect with God, to come face to face with the God who loves us. As we recognise how Jesus walks with us, we confess our hopes and dreams, our hurts and failings. This time of prayer is a chance to ask ourselves how we have honestly responded to God’s invitation to use our time, talents and personality to answer his call and walk the path, which helps us to become the person God created us to be.

1. Beginning Prayer

2. Thanksgiving

3. Pray for a “Spirit of truth.”

4. Review

5. Forgiveness & Renewal

***1.Beginning Prayer.***

*I have set the LORD always before me. Because he is at my right hand, I will not be shaken*. (Psalm 16:8)

Take a few moments to rest easy and quiet down, to discover how God has walked with you every step of the way during this day, and to open yourself to God’s friendship. Can you accept that each day is a gift from God, a time and space to grow, to love, and to wrestle with your hopes and dreams. Remember, God who is Father, Son, and Holy Spirt wants you to know the joy of being truly loved and accepted for who you are. ‘*God's love is boundless... All our life is placed under the gaze of the God who loves us. How many pages of the Sacred Scriptures speak to us of God's presence, closeness and tenderness for every person, especially for the smallest, the poor and the troubled! The greater our need, the more His gaze upon us is filled with mercy. He feels compassion and pity towards us because He knows our weaknesses.*’- Pope Francis

***2. Thanksgiving.***

*Hope in God; for I shall again praise him, my salvation and my God* (Psalm 42:11).

Reflect, moment by moment, and hour by hour, recognising the opportunities and challenges, which moulded your day. Can you give thanks for the people and encounters which have shaped your day? Ask yourself: What do you notice? Are you aware of how God worked in and around you today? How have you responded to God’s voice calling you? Can you pray for help to hear and answer the voice of the Spirit speaking through the routine of each day? Can you also learn to appreciate the wonder of the person God created you to be? "*You learn to speak by speaking, to study by studying, to run by running, to work by working, and just so, you learn to love by loving. All those who think to learn in any other way deceive themselves."* - St. Francis de Sales.

***3. Pray for a “Spirit of truth.”***

"*The Lord is close to the broken-hearted and saves those who are crushed in spirit*." (Psalm 34:18)

Pray for honesty as you recall the past day and recall your words and actions. Think about where you experienced God's presence during this time. What thoughts and feelings did you experience in your dealings with others: peace, love, joy, compassion, anger, frustration, hurt, kindness or forgiveness? You might ask: How are you feeling right now? Why? What are you thinking, right now? Why? Is this leading you to God or away from God? Where was God present to you today?

‘*Christ be with me, Christ within me, Christ behind me, Christ before me, Christ beside me, Christ to win me, Christ to comfort and restore me, Christ beneath me, Christ above me, Christ in quiet, Christ in danger, Christ in hearts of all that love me, Christ in mouth of friend and stranger.’* - St. Patrick

***4. Review.***

*God is our refuge and strength, a very present help in trouble”* (Psalm 46:1).

In light of what you experienced today, ask how have you tried to respond to God’s presence? In this light, what got you down, what made you happy? Recognise the occasions when you got frustrated or times when you felt contented. Can you name the times and occasions when you were there for others, when you reached out to help and dared to offer a word of kindness or an act of generosity? What barriers prevented you from helping others, from respecting others or yourself? For what do you need to express sorrow? Where have you struggled to be helpful or patient? In the heat of the day were you able to recognise God’s presence and appreciate all his gifts?

*To your enemy — forgiveness. To your opponent – tolerance.*

*To a friend — your heart. To a customer — service.*

*To all people — charity. To every child — a good example*

*To yourself — respect.* - Unknown.

***5. Forgiveness & Renewal.***

‘*He heals the broken-hearted and binds up their wounds”* (Psalm 147:3).

Aware of what’s happening in your life, conscious of your thoughts and feelings, mindful of your successes or failings, image having a face-to-face exchange with Jesus. What would you say to him, what would you ask for? Would it be forgiveness, support or reassurance? What do you need to hear from Jesus? A word of guidance, a sense of acceptance and healing, an awareness of his ever-caring presence? Can you place yourself and all the people you’ll meet today in God’s hands, allowing Jesus to guide you towards true happiness and peace? You are loved as a child of God and precious in his sight; listen to his voice calling you to become the person you were created to be.

*Each new day is a new beginning -*

*to learn more about ourselves,*

*to care more about others,*

*to laugh more than we did,*

*to accomplish more than we thought we could,*

*and be more than we were before*. - Unknown.