

Spiritual Practices:: Daily Examen

Daily Examen is a way of ending each day in God's loving presence, asking oneself questions about the day - it can be done alone, with one's family or among those with whom we share daily life. Here are three possible approaches:

John Wesley's Three Simple Rules - A Wesleyan Way of Living

"Gathering The Day" - Invite God's activity through prayer to the "tender shepherd of my soul" at the end of the day.

Remembering - A time of reflection on the day's experiences. Note the positive and the negative experiences and ask, "how have I contributed to each? What is God saying to me through the events of this day?"

Confessing - A time of owning up to our own weakness, failure, and sin.

Forgiving - A time of asking for and accepting God's forgiveness, and a time of offering forgiveness to ourselves and to all who may have injured us or those we love.

Thanksgiving - Give thanks for each of the gifts of life that God has granted this day.

Dennis and Sheila Linn family from their book "Sleeping with Bread, Holding What Gives You Life"

For what moment today am I most grateful? For what moment today am I least grateful?

There are many other ways to ask the same questions - When did I give and receive the most love today? When did I give and receive the least love today?

When did I feel most alive today? When did I most feel life draining out of me?

When today did I have the greatest sense of belonging to myself, others, God and the universe? When did I have the least sense of belonging?

When was I happiest today? When was I saddest?

What was today's high point? When was today's low point?

The Benedictine Way of Loving - "Always We Begin Again"

An Evening Meditation -

Identify and confess the times we closed ourselves off from the full joy of existence.

Identify and confess the times we failed to open ourselves to a relationship of radical and complete trust with every person and experience.

Identify and confess the times we failed to love our experiences of the infinite in this life by loving our neighbors as ourselves, and thus, in thought, word, and deed we lost the way to the only true security and peace.

Renew our efforts to have a sympathetic relationship with every person, to live in faith that an unfathomable, magnificent nature expresses itself in every moment and in every experience of our fleeting passage here.

Identify and confess the times we were afraid, restless, unhappy wanderers, lost in a garden we could not see.

Identify and regret our weaknesses, seek a new beginning so that we may truly live this life in the full promise of our time.

Acknowledge that there is an enormous power inherent in each of us at every moment in time, to experience the unbounded love and deep joy which is potentially our inheritance.

Remind ourselves that our experience of the infinite, the hidden and hallowed power, is through our experience of this creation and in our relationship with our fellow beings - and that we have been granted the faculty to change our universe by changing our relationship with it.

Acknowledge this great gift we have been granted - the potential to experience all that comes to us in this life in complete confidence, love and joy; to have the courage and

strength to put aside fear and despair, and to live each day in unquestioning trust in the divine providence which has brought us into being.

Humbly acknowledge that despite the magnitude of our faults, and the number of our failings, the inexplicable drive of creation, the sacred spirit manifest in all that is, continuously sustains us, and allows us to begin again at any time, infused with the might form which we can never be separated.