



RESOURCES

THE GOD I NEVER KNEW

Practicing the Prayer of Examen is a great way to grow in your awareness of God's presence and promptings through the Holy Spirit.

Use the Prayer Guide below, or [follow along with this video](#).

PRAYER OF EXAMEN

STEP 1: In silence, take a minute to be still. Take a deep breath. Become aware of God's presence, and invite the Holy Spirit to direct your thoughts.

STEP 2: Take two minutes and review your day objectively — free from judgment, rationalizing, or justifying.

- When did you feel **grateful** or **joyful**?
- When did you feel **anger** or **sorrow**?

STEP 3: Take two minutes to reflect and talk with Jesus about the following:

- When was I **aware of Jesus' presence** today?
- When did I **respond to Jesus' leading** in my life today?
- Give thanks.

If two minutes start feeling long, don't settle for your first thought; ask the Holy Spirit to help you remember other times.

STEP 4: Take two more minutes to reflect and talk with Jesus about the following:

- When did I **not respond** to Jesus' invitations?
- Ask the Spirit to **reveal your sins** to you.
- Ask and receive **forgiveness**.

STEP 5: Take one minute to consider how God is inviting you to respond to what the Spirit has revealed to you. **Ask for the grace** to live out of your connection to Jesus and your desire for him.

STEP 6: Close with a short prayer, such as: **Lord Jesus, thank you for the ways you speak to me and call me to yourself each day. Amen.**