



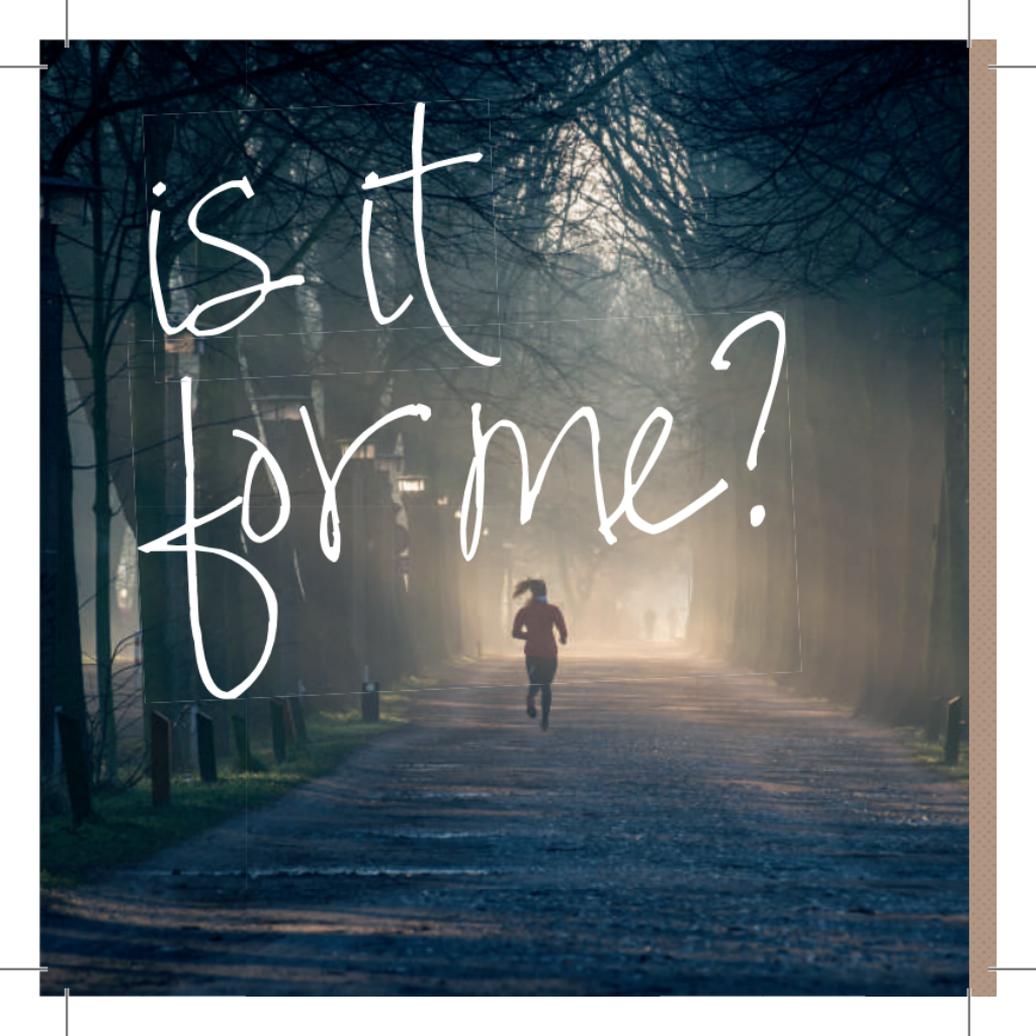
THE PRAYER OF
Examen

Seeing God's hand at work each day

What is it?



The prayer of Examen is about taking time every day to help us see God's hand at work in every aspect of our lives, encouraging a greater sense of his presence, a greater sense of gratitude and seeking his direction for our lives.

A person is running away from the camera on a paved path that stretches into the distance. The path is flanked by tall, thin trees with bare branches, creating a canopy overhead. The scene is misty or foggy, with a soft, golden light emanating from the far end of the path, possibly from a street lamp or the sun low on the horizon. The overall mood is contemplative and serene. Overlaid on the left side of the image is the text "is it for me?" in a white, handwritten script font. The text is contained within a thin white rectangular border.

is it
for me?

A large, solid brown rectangle with a fine, repeating dot pattern. On the far left edge, there is a narrow vertical strip of a dark, textured image, possibly a night scene with a light source. The entire composition is framed by a thin white border.

This might suit people who
are methodical and reflective.

remembering
the day



Ask God to help you to see and to understand how his love has been working within you over the last day. Ask him to guide your thoughts.

Begin to remember the last day ... don't try too hard... At first, just scan the day and all that happened.



Thanksgiving



Out of all the day's experiences,
what is the one experience that
you feel most grateful for?

Relish that experience and
give thanks to God. Is there
something that God wants
to say to you through that
experience?



**SORROW
AND
REGRET**



What is the one experience that you feel the most sorrow or regret for? In the light of God's love and forgiveness - what would you like to say to God and what does God want to say to you?

A woman with curly hair, wearing a dark blazer over a light-colored top, is seated at a wooden conference table. She is looking towards the right side of the frame. Her hands are clasped together on the table. In the foreground, there is a blue mug and some papers. The background is slightly blurred, showing what appears to be a modern office or meeting room with a window and some charts on the wall. The text is overlaid on the image in a white, stylized font.

*When were
you most
AND LEAST AWARE
of God?*

Think through the events of
the day and see when you felt
closest to God.



When did you feel love?
When did you give love?

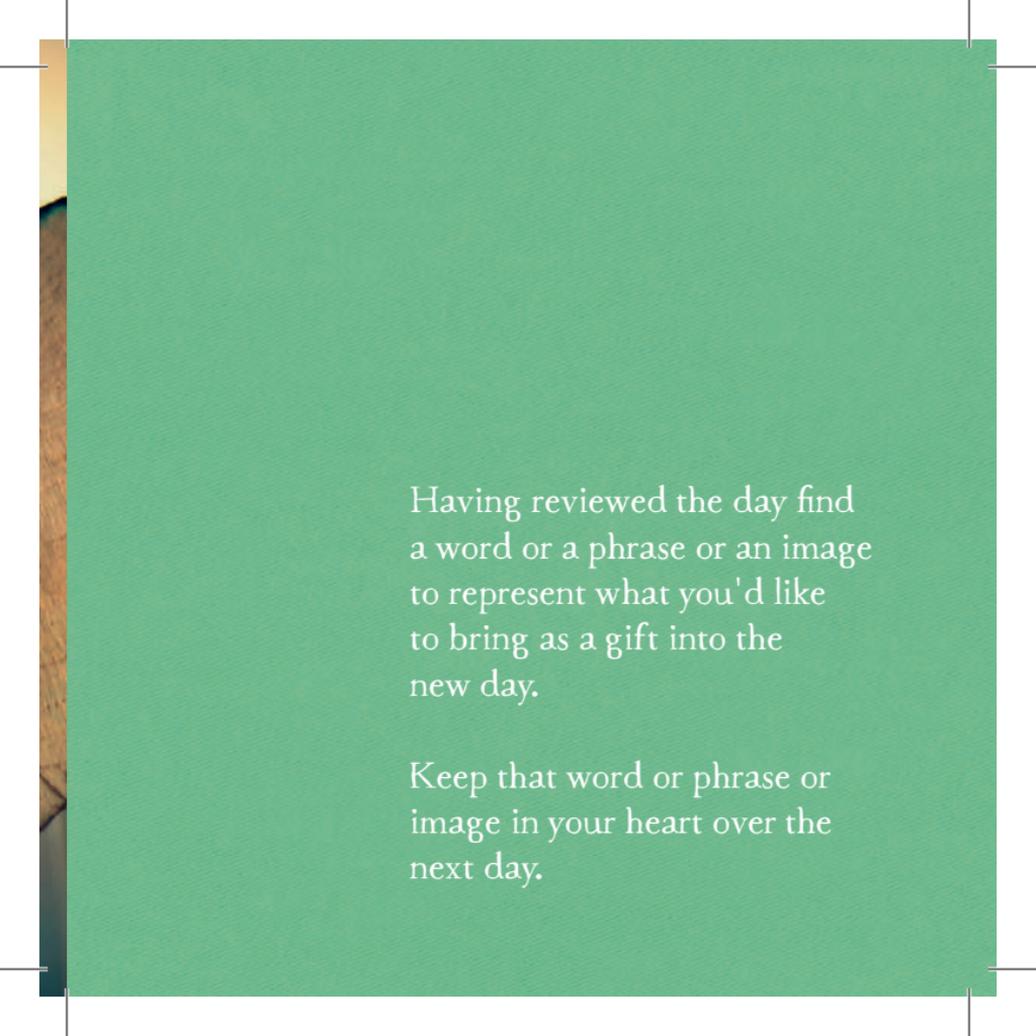




When did you feel alive?

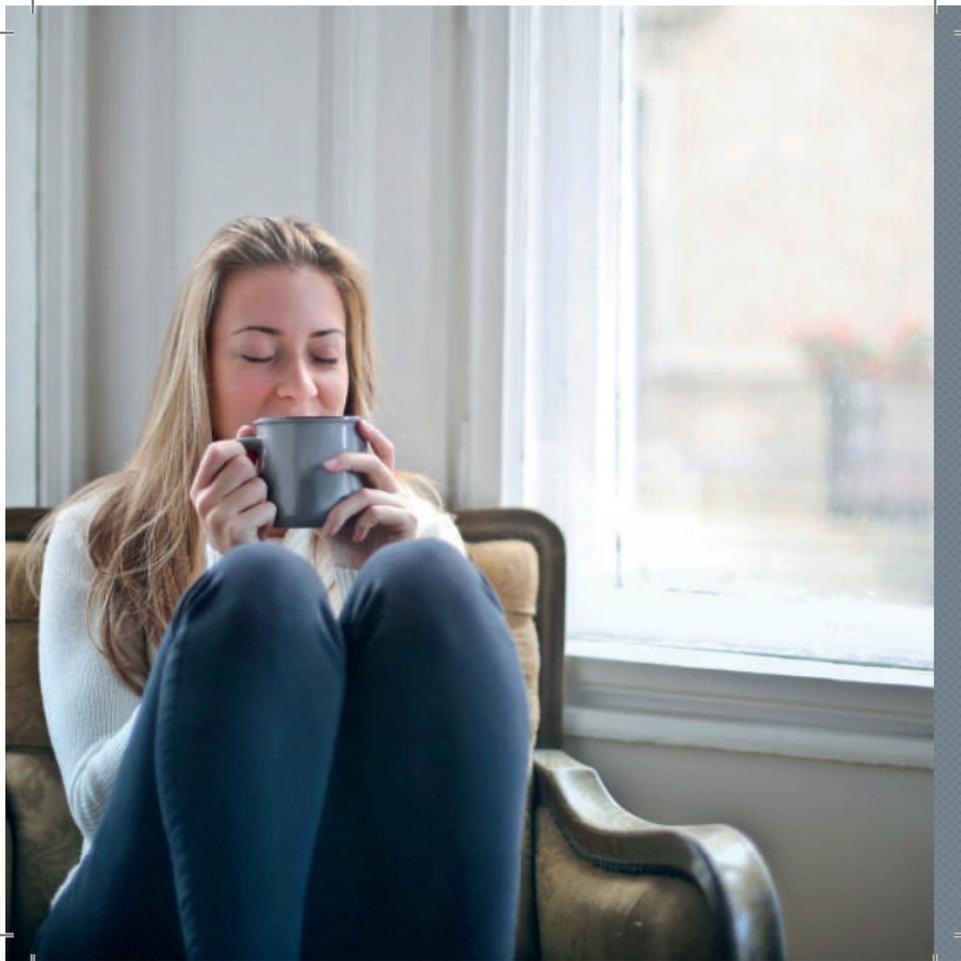


A GIFT
FOR THE
NEW DAY



Having reviewed the day find
a word or a phrase or an image
to represent what you'd like
to bring as a gift into the
new day.

Keep that word or phrase or
image in your heart over the
next day.



Pray for the grace to move
into the new day with love,
faith and hope...
for the grace to bring more
of what gives us life...
for the grace to continue
to recognise God in our
daily life...



TIMINGS...

Practically, it's important to choose a time that works for you: Some people pray the prayer of Examen in the evening, others start their day with it.

Want to go further?
gloucester.anglican.org/your-prayer



Registered charity number: 251234. Company number: 162165
Registered office: Church House, College Green, Gloucester, GL1 2LY