

The Examen

A Prayer of Consciousness

1. Movement One: Divine Accompany

Holy Spirit, help me attune to your presence.

I choose to welcome you and become your love.

I choose to express and share your love.

I am willing and wanting to be a conduit of your divine love.

I welcome the Holy Spirit to review this day with me,
to look upon what I have understood,
and what I have misunderstood.

God, help me to gain clarity,
to see with curiosity before judgement,
to learn and grow.

I know you are always near—closer than my own breath.

2. Movement Two: Gratitude

God, help me to see the gifts of today...

Help me to see the blessing of a day's work.

Help me review the exchanges with those I interacted with.

Show me where I was benevolent and kind.

Show me where I received benevolence and kindness.

Help me fully receive that which was given to me—
Love in a meal that was prepared for me...
seasonal colours on display...
words of encouragement...
things big and small...

Thank you, God, for being in the details.

Thank you, God, for taking care of the day's needs.

3. Movement Three: Emotional Intelligence

God, stir my emotions.

Help me recall the ups and downs of today—
the times I felt fully alive...
at peace...
joyful...
happy...
comforted...
whole...
connected...
my best self.

Help me to see where I felt your ever-present embrace, God.

Show me what gave me life today.

And help me to recognize people, places, and things
that drained me of energy—
that made me frustrated...
irritated...
angry...
sad...
sorrowful...
alone...
isolated...
unaccepted...
fragmented—
less than my best self.

Help me see what was death-dealing—
where I lost conscious contact with you.

Let me be curious before being judgemental
about my responses to life-giving and death-dealing scenarios.

Help me be willing to see anything I need to deal with
that I might have missed.

4. Movement Four: Acceptance

God, looking with honesty at death-dealing experiences in my life
is uncomfortable and distressing.

In fact, I often choose to disassociate from my pain
using tools like denial or distraction.

I have a hard time accepting what is.

Although I may feel you are far away,
that is just how I feel.

You are always close,
so with you, and with courage,
I am willing to face my fear and pain
and accept how things truly are.

God, to help me with acceptance, hold together my willing heart,
as I let it fall open to you.

Holy Spirit, take on this hard situation with me—
this one thing I am really struggling with.

Help me to look at it—
stay present to it—
breathe through it.

Give me the courage to sit with pain and death—
to see what blocks my awareness of you—

To breathe and to welcome...
to ask for help with acceptance and healing...
to make amends...

Let your love and life flow through my heart.

Help me accept your grace to my best ability.

Thank you.

5. Movement Five: Hope for Tomorrow

God, I look with hope for the newness of tomorrow.

Shine your light upon tomorrow's challenges.

May I truly feel the possibilities of the day ahead,
and seek connection to you throughout
in my doubts and fears...
my uncertainty...
in my celebrations and accomplishments...
in my anticipation and delight.

I give you my heart as my prayer,
so that you might feel all that I feel.

Lead me through the day, God.

Jesus, walk with me.

Gift me with wisdom, understanding, and hope.

I cannot thank you enough.

I accept my life as a gift.

Thank you for this sacred space and ground
to be with you and remember.

Thank you for loving me as I am,
and for never ceasing to offer opportunity
to grow in your love.

Amen.