A.M.D.G.

Daily Examen

This reflection is inspired by the Jesuit Examen of the Day. It is divided in five steps and ends with a short prayer.

**1) Becoming still.** Feeling loved (by God).

*You can say the prayer below, or start with a short breathing and focusing exercise:*

a) “ Breathe. Become still. *(Pause in between for 5 – 10 seconds)*

Focus on your breathing. Notice slightly cooler air entering your nostrils as your breathe in and warmer air leaving your nostrils as you breathe out. *(Pause in between for 5 – 10 seconds)*

All is calm and all is well.”

b) God, let me be still and at peace, just for a few moments. In the business of this day let me be attentive to where I have been and what I have experienced. Help me see where you have been present today. Amen.”

**2) Gratitude:**

Looking back over the day: What am I grateful for?

**3) Examining / reflecting deeply on my day:**

Looking back over this day, what stands out? Why does this stand out? *(pause)*

What did I feel? Was it positive? Was it negative?

**4) Forgiveness:**

Is there anything I have said or done today, or left unsaid or undone for which I am sorry?

**5) Looking forward:**

What are my hopes and desires for tomorrow?

What can I do to (even more) imporve the relationship with my peers?

**Finish with the Prayer of Generosity:**

Dear God,

teach me to be generous:   
to serve you as you deserve;   
to give and not to count the cost;   
to fight and not to heed the wounds;   
to toil and not to seek to rest;   
to labour and to ask for no reward   
save that of knowing I do your will.  
Amen.