

The Examen

“Search me, God, and know my heart. Try me, and know my thoughts. See if there is any wicked way in me, and lead me in the everlasting way.”

PSALM 139:23-24, WEB

HOW TO START

- 1 Ask for light.
- 2 Give thanks for today's gifts.
- 3 Walk back through the day.
- 4 Face what went wrong; ask forgiveness.
- 5 Ask grace for tomorrow.

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