The Daily Examen

What is the Daily Examen?

The Daily Examen is a method of prayerful reflection on the events of the day in order to see where God has been present and to discern God's current direction for you. It is a simple but powerful prayer practiced regularly (often daily!) by Jesuit clergy for over 500 years. It takes only 10-15 minutes and can be used to reflect on positive emotions, move past negative emotions, and align your work with God's work.

Why Practice the Daily Examen in Lent?

The Daily Examen can be a powerful practice during the season of Lent because it offers a structured way to engage in reflection and self-examination in conversation with God. With Lent's focus on intentional spiritual practice, drawing closer to God, and preparing to receive the grace of the Easter proclamation that "Christ is Risen!," the Daily Examen creates regular space for seeking forgiveness and receiving the ever-present grace of God "in whom we live, move, and have our being."

Duke

CLERGY HEALTH INITIATIVE

PRACTICE THE EXAMEN

BECOME AWARE OF GOD'S PRESENCE

Thank God for the day and ask for the company of the Holy Spirit.

REVIEW THE DAY WITH GRATITUDE

Walk through the past 24 hours, recalling two to three things for which you are grateful.

PAY ATTENTION TO YOUR EMOTIONS

Reflect on the feelings you experienced during the day. With the guidance of the Holy Spirit, pray through these emotions, noticing which are drawing you closer to God or pulling you away from God.

CHOOSE ONE FEATURE OF THE DAY AND PRAY FROM IT

Talk with God about what emotion or event is standing out for you. If needed, ask for forgiveness.

LOOK TOWARD TOMORROW

What is the one thing you should do? Where do you need God's assistance?

CLOSE Close your prayer by praying the Lord's Prayer or with a simple gesture of gratitude.

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