



Resourcing

Care of the Soul

The Daily Examen

1. **Prayer for Awareness** of God's Presence in this time. Consent to the Presence of God. Ask for God's help to let you see your past day as God sees it. What gifts have you been given?

2. **Give Thanks.** Gratitude helps us to find God in all things, places and people. Where has God been working in your day and life? Try to express your blessings and express your heart in thanksgiving over the past 24 hours.

3. **Review your feelings in terms of Consolation and Desolation.**

Consolation (the Beautiful) are the places where you experienced joy, happiness, peace, satisfaction, blessing, well-being in your day.

Desolation (the Brutal) are the events which caused anxiety, self-preoccupation, distress, fear, upset feelings. Notice the interior movements and trace God's hand through each movement of consolation/desolation.

4. **Seek Forgiveness.** Ask for God's forgiveness in areas you blew it, messed up, sinned or held special help in a particular area. Where was I not attentive to God's spirit.

5. **Look to Tomorrow.** Invite God's blessing on your upcoming day. Be specific to mention particular areas where you already know you need guidance, direction, and blessing.