

The Monthly Examen

Morning Prayer



Search me, God,
and know my
heart; test me and
know my anxious
thoughts. See if
there is any offensive
way in me, and
lead me in the way
everlasting.

Psalm 139:23-24

The examen is a spiritual practise which enables you to reflect on your experiences. It gives you space to review the day, think about where God has been at work and ask for His help tomorrow.

1 Be Still

Become aware of God's presence. Breathing deeply, ask God to be with you as you reflect on the day. Know that God is with you, loves you and will help you.

O Lord, let my soul rise to meet you as the day rises to meet the sun. Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will forever be. Amen.

2 Reflect

Begin to think back over the last month. As you consider the events, meetings, routines and work commitments reflect on your emotions and state of mind. If you are able to, perhaps write down your feelings below in 2 or 3 words.

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3 Least Alive

Which moments over the last month have made you feel least alive? Which made you feel furthest away from God? Pray to God in this moment with confidence in the Father who hears our prayers.

4 Most Alive

Now think about moments where you have felt most alive. Which made you feel closest to those around you and which made you feel closest to God? Pray to God in this place, thankful for these moments of joy.

5 The Month Ahead

Think about the month ahead. Consider all that is planned in your diary. Pay attention to your emotions. What is coming up that you need to ask God for help with? What might he be calling you to? Look forward with hope, trusting the next month to God.

6 Close

Thank God and hand over all your plans to him.