

North Central Examen Guide for Families

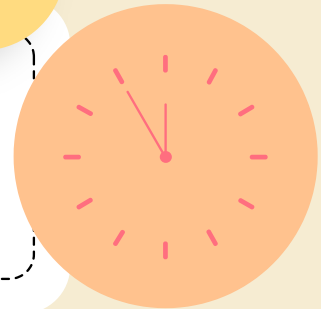
What is Examen?



A Daily Examen is a prayerful method of "checking in" on how well we are living. Examen invites us to reflect on how God has been present in our day, how we have responded to God's presence, and how we might grow to look even more like Jesus tomorrow. This can be practiced around the dinner table or together before bed.

1. Beginning Prayer & Review The Day

Set a prayerful tone by praying something like this: "God, you have been with us all day long. Help us to remember our day so we can bring it to you." Next review the events of the day, offering prompts as necessary. "What happened in the morning when you woke up?...What happened at school?...When were you happy? Sad? What was beautiful?"



2. How was God present and how did we respond?



"How was God acting in your life today?" You will probably need to name this for your children at first. It might be obvious that God is present in moments of beauty and joy, but you can help your children see how God is also present during times of challenge and sadness. Ask, "How did we respond to God's presence? When were we loving? When weren't we loving?"

3. Pray with Jesus about your day!

What is Jesus saying to you through the events of your day?. Ask guiding questions such as, "What do you think Jesus says about our day?" Invite them to pray in response: "What do we want to tell Jesus about what happened today?" Encourage simple words of praise, thankfulness, repentance, forgiveness, and for the grace to look more like Jesus tomorrow.

