

## An Awareness Examen

### 1. Thanksgiving

Lord, I realize that all, even myself, is a gift from you.

- Today, for what things am I most grateful?

### 2. Intention

Lord, open my eyes and ears to be more honest with myself.

- Today, what do I **really want** for my self?

### 3. Examination

Lord, show me what has been happening to me and in me this day

- Today in what ways have I experienced your love?

### 4. Contrition

Lord, I am still learning to grow in your love.

- Today, what choices have been inadequate responses to your love?

### 5. Hope

Lord, let me look with longing toward the future.

- Today, how will I let you lead me to a brighter tomorrow?

Adapted from Fr. Nick Schiro, S.J.

#### Short version:

- Being aware of the Presence of God.
- What gives life to me today? What drains life out of me?
- Where is God moving toward / inviting me today?
- Short conversation with God



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