

Examen



Liberti River Wards

The Examen

The practice of a daily examen provides a structured method for processing what happened during your day. The method outline here will help you relate the events of your day to your relationship with God. There are different approaches to implementing this structure. It can be used as a personal tool, to be done quietly before going to bed at the end of the day. It can be used by used by families as a way to debrief their day with each other and point one another to God.

Psalm 4

To the choirmaster: with stringed instruments. A Psalm of David.

Answer me when I call,
O God of my righteousness!
You have given me relief when I
was in distress.

Be gracious to me and hear my
prayer!

² O men, how long shall my
honor be turned into shame?
How long will you love vain
words and seek after lies? Selah

³ But know that the LORD has
set apart the godly for himself;
the LORD hears when I call to
him.

⁴ Be angry, and do not sin;
ponder in your own hearts on
your beds, and be silent. Selah

⁵ Offer right sacrifices,
and put your trust in the LORD.

⁶ There are many who say,
"Who will show us some good?
Lift up the light of your face
upon us, O LORD!"

⁷ You have put more joy in my
heart
than they have when their grain
and wine abound.

⁸ In peace I will both lie down
and sleep;
for you alone, O LORD, make
me dwell in safety.

ESV

1. God's Presence

- How was God present in your life today?

Discuss, journal, or pray about how you experienced God's presence today. This may or may not be something for which you are thankful. Rather, think through your day for examples of how God worked. Maybe He helped you fight temptation or you saw someone else living out a virtue. Discuss, journal, or pray about how you experienced God's presence today.

2. God's Grace

- How have you received God's grace today?

Discuss, journal, or pray about the way God has been gracious to you today. Think through how each part of your day was shaped by grace. Some days are hard — just making it through seems like a miracle. Other days, you may feel overwhelmed by all the good gifts God gives.

3. Repentance: Confession

Repentance is comprised of turning from sin and turning to God. In this section, focus on what God calls you to turn from. Confess it to God.

- How has your sin hurt you and others today?

Discuss, journal, or pray about the parts of your day that were marked by sin. What were shortcomings that you experienced today? How were you distracted from looking to God or how did the world, the flesh, or the devil entice you today?

4. Repentance: Resolve

Repentance is comprised of turning from sin and turning to God. In this section, focus on what God calls you to turn towards. Ask God to give you the Helper - the Holy Spirit.

- What will living for God look like tomorrow?

Discuss, journal, or pray about what turning from your sin will look like tomorrow. Ask God for help in turning from sin and plan out what this will look like in the areas you struggled with today.

5. Rest

- Remember God's promises and the way Jesus fulfills these promises.

Take time to reflect and rest in the love of God. Preach the gospel to yourself and seek joy in your relationship with God.