



EXAMEN - created for a quiet summer morning

Ask God to help you to see and to understand how God's love has been working within you over the last few days. Ask God to guide your thoughts. Don't try too hard, just begin to remember...

Out of all the last few days' memories, what is the one experience that you feel most grateful for? Relish that experience and give thanks to God. Is there something that God wants to say to you through that experience?

What is the one experience that you feel the most sorrow or regret for? Trusting in the light of God's love and forgiveness – what would you like to say to God, and what does God want to say to you?

Now sift back through all the events of the time you're looking at. When were you most aware of God? When did you feel closest to God?

When did you feel love? When did you give love? When did you feel really alive?

Having reviewed the time, find a word or a phrase, or an image to represent what you'd like to bring as a gift into this new day. Try to hold that treasure of a word, phrase or picture in your heart today.

And so now we pray for the grace to move fully into this new day with love, faith and hope... for the grace to bring more of what gives us life, for the grace to continue to recognise God in our daily life. In the name of Christ, **Amen.**