

Examen of Consciousness

“Daily Review of Self-Examination”

Preparation. Spend a few moments in silence, allowing yourself to be still and know how much God loves you.

Invitation. Invite God to go with you in your search for evidence of his presence throughout your day and in your search for self-awareness.

Review. Reflect on the events of the day, noticing where God seemed to be loving you, speaking to you, guiding you or showing you something new about himself.

Give Thanks. Thank God for each part of your day, for his presence with you in the midst of it, for those moments when you sensed a growing freedom from sin and a greater capacity to love God and others.

Confess. Using Psalm 139:23-24 as your prayer, invite God to bring to mind attitudes, actions or moments when you fell short of exhibiting the character of Christ or the fruit of the Spirit. Confess these to God and take steps towards confessing to others (if needed).

Remember the Gospel. Even though you still sin, you have been and will be forgiven in Christ. He has made you a new creation. You are His workmanship. There is no condemnation for you!