

# *The Prayer of*

## EXAMEN

### INVITE THE HOLY SPIRIT

I want to look at my day with God's eyes, not merely my own.

### GIVE THANKS

The day I have just lived is a gift from God. I will be grateful for it.

### REVIEW YOUR DAY

I carefully look back on the day, being guided by the Holy Spirit.

### REFLECT ON YOUR SHORTCOMINGS

I face up to what went wrong and ask God for His forgiveness.

### PREPARE FOR TOMORROW

I look toward the day to come asking God for his help and empowering presence.