

# Daily Examen



## 1. Ask God for light.

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

## 2. Review the day with gratitude and joy.

*Reflect back on the day. Where did you notice God's presence?*

## 3. Reflect on transformation.

*As you reflect back on the day, where did God feel farther away?*

*In what ways do you wish the Holy Spirit to change you?*

## 4. Look toward the day to come.

*Where do you need God in the day to come?*

## 5. Rest in God's presence.

*Take a moment being in God's presence as you prepare to end the day.*