

## Practicing the Examen

### Based on the Infinitum Posture Prayer

#### 1) Centre yourself in God's presence

Take a moment to **relax and centre yourself in God's presence**. Take some deep breaths. Ask the Holy Spirit to lead this time of reflection.

#### 2) Give thanks

Take a few moments to **notice and express your gratitude for the gifts that God has given you** over the course of the day – both big and small. Don't rush to create the longest list that you can come up with. Instead, take the time to really savour these blessings.

#### 3) Review your day

Hour by hour, **review the events that took place over the course of your day**. Who did you see? What did you do? When were you aware of God's presence? When were you distracted?

As you review your day, pay attention to the Infinitum postures. *When did you have opportunities to live out a posture of surrender? When were there opportunities to be generous? When did you have opportunities to live missionally – extending the Kingdom to others? What opportunities did you take, and what opportunities did you miss?*

Receive God's grace for opportunities that you missed and thank God for the opportunities he gave you to live in his presence and live out his Kingdom today.

#### 4) Choose one situation to pray from

**Choose a situation from your day to pray through**. Bring your feelings about the situation to God. Then take some time to be silent and listen to him. Receive his love, his guidance, and his grace.

#### 5) Look ahead to tomorrow

Scripture tells us that God's mercies are new every morning. What did God reveal to you during this time of reflection that you want to bring into tomorrow? **How can you embrace the postures of surrender, generosity, and mission tomorrow?** Receive God's grace and ask the Spirit to empower you as you look forward to the day ahead.