

**STEPPING BACK TO REVIEW: PRAYER AT THE END OF THE DAY**

**THE EXAMEN, OR EXAMINATION PRAYER**

1. **Come into God’s presence.** Let go of the concerns of the day and become aware of God with you. Take some time in silence, and/or perhaps use a stilling exercise.
2. **Gratitude** - give thanks for the past day, for all you have received. Focus on a sense of gratitude as you begin this prayer.
3. **Petition** – ask God to shine light on your past day, to show you His presence, and to bring to your awareness what he wanted you to see.
4. **Review/Examination** – let your mind play back over the past day, your experiences, your feelings, your moods. As you begin, ask of God “What do you want to show me about this day?”

Look for the stirrings in your heart and the thoughts that God has given you, and for those that have not been of God.

* Note where God spoke to you, even if you didn’t realise at the time. Perhaps through a person, someone’s courtesy, something you read, a moment of realisation, nature’s beauty. Look for the moments of grace. The more you look for where God was present today, the more you will see Him tomorrow.
* But also see where your response to people and events has been less than good. Where you have overlooked something, failed to listen, or failed to reach out to someone, where you have been neglectful or negative/critical in attitude.

We are praying here to come to know the desires and attitudes that draw us to God, as well as those that draw us to self.

**SO LOOK FOR**

Points of joy in the Lord vs interior heaviness

God inspired thoughts vs confusing, negative, judgemental thoughts

Consolation vs desolation

1. **Contrition/Forgiveness** – ask God for forgiveness for any failings you have recognised. He loves us in all our brokenness – and that allows us to ask for and trust in His forgiveness. The God who loves me, removes my burdens.
2. **Renewal** – we have looked back in order to look forward.

Look ahead to the day to come. Picture specific events that you know will be there, and how you will deal with them, knowing God will be there with you. “Lord I know you go before me always. Let me see you present in all things during my day tomorrow.”

1. **Ending** – in silence again, place yourself in God’s hands as you end.