

# OBLATES OF THE VIRGIN MARY



WORKING TOWARD A REBIRTH OF SPIRITUALITY IN TODAY'S WORLD

## The EXAMEN

The **EXAMEN** can be made at the end of the day or in the following morning for the previous day. The time spent on the **EXAMEN** is between five and fifteen minutes.

The outline and the steps of the **EXAMEN** are as follows:

- † **Gratitude:** Recall anything from the day for which you are especially grateful.
- † **Review:** Recall events from start to finish and where you noticed God's presence and blessings. Was it in a sunset? An encounter with a friend or colleague? In something you read and learned? If you are trying to work on a particular area of your life, e.g. patience, confidence, courage, generosity, self-control, etc. how did you notice your successes and good actions you took?
- † **Sorrow:** Recall actions for which you are sorry. Take an honest review of how you failed to see and respond to God's grace during the day.
- † **Forgiveness:** Ask God for forgiveness; decide if you need and want to reconcile with someone you hurt. Resolve to improve and not to commit the same sins or shortcoming the next day.
- † **Grace:** Ask for the grace you need for the next day to "begin again" and to be filled with hope and joy.

Note: It is helpful to write down your thoughts and reflections in a personal journal.

