

# *The Examen*

3-WEEK JOURNEY GUIDE



“And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.”

Philippians 1:9-11

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TONI TOMPKINS

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# Welcome!



Welcome to Becoming Still Ministries. I'm Toni Tompkins, and it's my joy to introduce you to this guide, created to help you connect deeply with God on your faith journey.

Our mission is to create safe and welcoming spaces where the Holy Spirit's healing and transformation unfold. We envision a world where believers, transformed by the Holy Spirit, carry hope, restoration, and love to every person and place they encounter.

This 3-Week Journey Guide gently introduces the practice of The Examen, a spiritual discipline that nurtures spiritual growth and deepens your relationship with God. Whether you're new to The Examen or seeking a fresh way to connect with God, this guide provides a simple and welcoming way to begin.

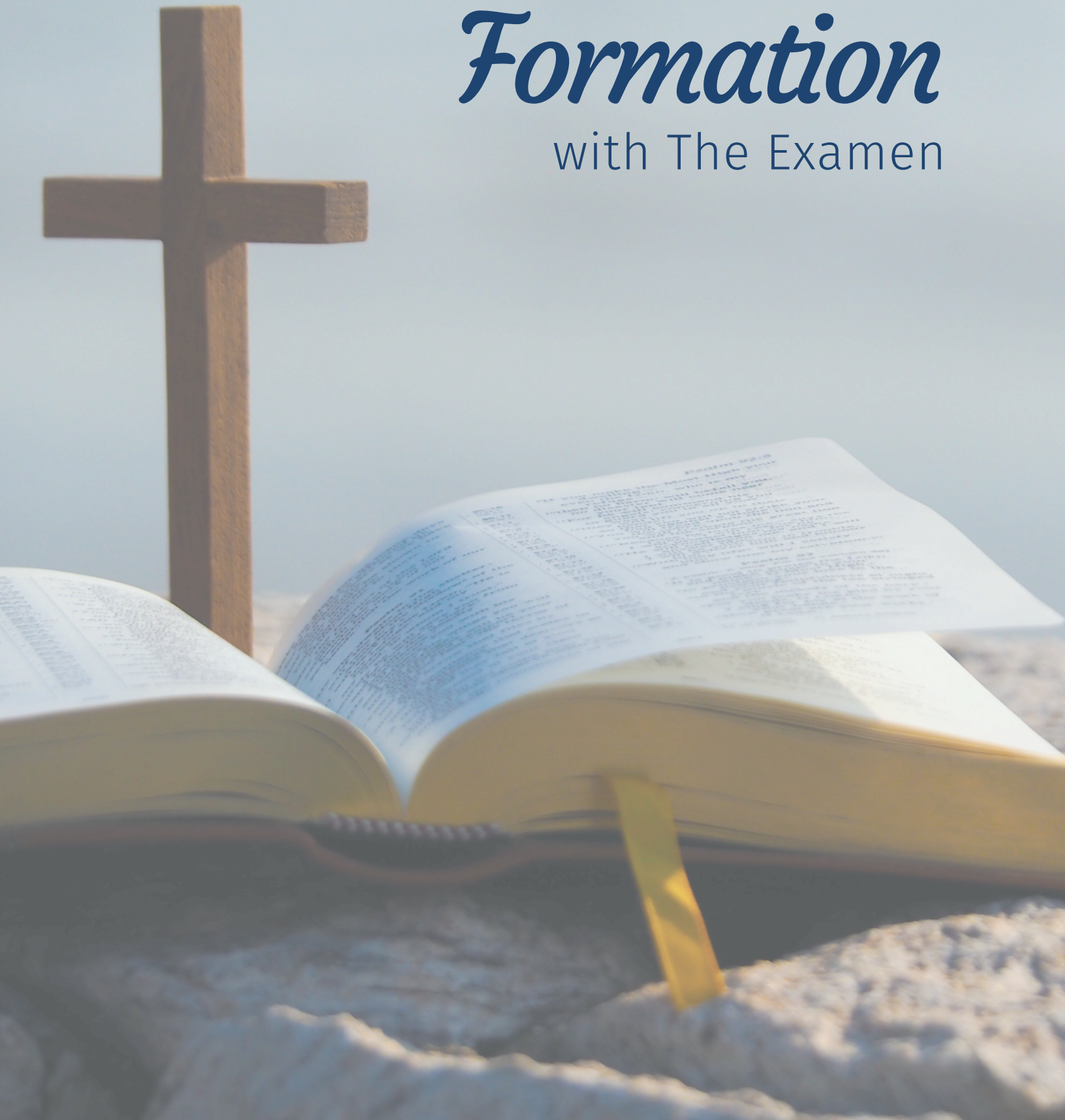
What's inside:

- A thoughtful overview of spiritual disciplines and their role in your journey with God
- Step-by-step guidance to help you explore The Examen
- Three distinct approaches to practicing The Examen, allowing you to find the method that resonates with your spirit



# *Spiritual Formation*

with The Examen



# *The Role of Spiritual Disciplines in Spiritual Formation*

Spiritual formation is a lifelong journey of growing into the image of Christ, helping us live with purpose, rest, and true joy. As we are formed by Christ, we experience more of what Jesus modeled—a life filled with meaningful relationships, deep rest, and peace in both good and hard times. Without this kind of growth, life can feel stagnant, lacking direction. But as we are shaped by Christ, we grow into spiritual maturity, finding joy in God and the world around us (Ephesians 4:15-16).

Spiritual disciplines are like pathways that help us connect with God and learn more about who God is, who we are, and how we relate to others. These practices and habits open our hearts and minds to God, allowing the Holy Spirit to bring about transformation within us. Through them, we begin to respond to God with greater trust and love.



Every spiritual discipline tutors us in relationship.

As we regularly practice these disciplines, our relationship with God deepens, much like the stages of human relationships. Thomas Green describes this progression as moving from initial interest to a committed, enduring love. Here's how our journey with God mirrors these stages:

- **Courtship** – In this stage, we focus on knowing God. Much like getting to know a new friend, we learn about who God is and begin to consider what it might mean to deepen our relationship.
- **Honeymoon** – As we move into this stage, we begin experiencing God more fully. There's a sense of joy and satisfaction in simply being in God's presence, much like the closeness felt in the early days of a new relationship.
- **Marriage** – Finally, in the marriage stage, our love matures as we are transformed by God. Like the selfless love that grows in a lasting marriage, we learn to serve and support God's purposes. This deeper, committed love shapes us and brings us into closer alignment with God.

The chart below illustrates how spiritual disciplines support each stage in the journey of deepening our relationship with God, guiding us through knowing God, experiencing God, and ultimately being transformed by God.

Relationship Stage	Characteristics	Goal	Spiritual Practices
Courship	Knowing God	Understanding what it means to spend my life with God.	<ul style="list-style-type: none"> <li>• Meditative prayer</li> <li>• Imaginative prayer</li> <li>• Bible study</li> </ul>
Honeymoon	Experiencing God	Learning to rest in God's presence.	<ul style="list-style-type: none"> <li>• Retreat</li> <li>• Lectio Divina</li> <li>• Contemplative prayer</li> </ul>
Marriage	Transformed by God	Being transformed into the image of Christ.	<ul style="list-style-type: none"> <li>• The Examen</li> <li>• Confession &amp; Repentance</li> <li>• Simplicity</li> </ul>

Practicing spiritual disciplines nurtures our connection with God, inviting us to experience God's presence and deepen our love for God, ourselves, and others. As we grow closer to God, we are gradually shaped into the image of Christ, allowing us to live with greater purpose and fullness.

The Examen is one of many spiritual disciplines that supports this journey, helping you grow your relationship with Christ as you are gently formed in His image.

*Practicing  
The Examen*



# *What is the Examen?*

The Examen is a gentle practice for noticing God's work within you and in the world around you.

# *Why Practice the Examen?*

The Examen invites you to notice God's presence woven into the details of your daily life. You may often wonder, "Where is God?" The answer is that God is always with you, but it's easy to overlook this in the busyness of life. Through the gentle practice of the Examen, you learn to become more aware of God's presence in every moment.

# *Scripture References*

"For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives" Colossians 1:9

"And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God."  
Philippians 1:9-11





# *Historical Background*

The Examen began with St. Ignatius of Loyola, whose own life journey led him to this powerful practice. In his twenties, Ignatius faced a life-threatening injury that sparked a deep spiritual awakening. During his long recovery, he turned to books about Christ and the saints. As he read, Ignatius found himself wondering what life might look like without God—a thought that left him feeling empty and unsettled. But as he imagined a life with God, he felt a profound joy and peace. He named these contrasting feelings “desolation” for emptiness and “consolation” for joy, sensing that God was speaking through these emotions.

Ignatius began to see how reflecting on his feelings could reveal God’s activity in his life. By regularly contemplating where he felt joy or emptiness, he came to recognize God’s presence in his daily experiences. To deepen this awareness, Ignatius developed the prayer of Examen, a way to reflect on God’s movements each day and consider how to respond to them. Through the Examen, we too can learn to notice where God is at work within us, gently guiding us to live with greater awareness and purpose.



# *Practicing the Examen*

The Examen invites you to notice God's activity in your life by gently guiding you to:

- Recognize what is going well and where you may be struggling, all while appreciating the balance in your life.
- Discern the difference between who you are in Christ and who you sometimes try to be in the world.
- Discover patterns and meaning in the moments that might otherwise seem insignificant.
- Acknowledge your true feelings and uncover the deeper needs within them.
- See the unique purpose God has placed within you.
- Bring forth matters for prayer that may need your attention.

Over the centuries, the Examen has taken many forms. In the following pages, you'll find both traditional and contemporary ways to approach this practice. The Examen can be done at different points throughout the day—whether morning, noon, or night—inviting you to begin or end your day with an open heart, ready to receive God's presence.



# *The Traditional Method*

**Preparation:** You may wish to light a candle to represent the Spirit's presence with you. Prepare your heart for the exercise by doing something that helps you to experience God's unconditional love. For example, imagine yourself in a favorite place with someone whose love you trust, such as a friend, Jesus, or God. Put your feet flat on the floor, take a few deep breaths from the bottom of your toes, up through your legs, your abdomen muscles, and your chest. Breathe in God's unconditional love. Then breathe out, filling the space around you with love.

**1. Seek the Spirit's help:** Ask for the wisdom to discern God's voice and guidance. Then, ask the Holy Spirit to highlight not only what you can see, but also the things that only the Spirit of God can uncover.

**2. Give thanks:** Give thanks for the gifts God has given you today. Ask the Spirit to bring to your awareness the gifts you see and the unseen gifts that God wants to reveal to you.

**3. Review and recognize failures:** Allow the Holy Spirit to guide you in reviewing the day. Ask the Spirit to highlight any areas of sin that need to be confessed. Wait quietly until the Spirit reveals what requires attention. Where did you fail to respond to God's gifts? When did you ignore or turn away from God's love? What happened in your relationships with other people? Were you faithful in carrying out your vocation in the world? How are you being called to conversion or transformation? Pray for God's Spirit to cleanse you and set you free from sin. Give thanks for God's faithfulness.

**4. Ask for forgiveness and healing:** If you find any sin, ask God to forgive you and set you on the right path again. If you find any mistakes made throughout the day, ask God to heal any harm that might have been done. Receive God's love and forgiveness so that you can move forward in your calling and purpose.

**5. Pray for the next day:** Ask God to guide your actions for the next day. Ask for help with anything that you think might be difficult. Ask for help to get through moments that might tempt you to repeat past failures.

# *The Contemporary Method*

**Preparation:** Begin by lighting a candle, if you'd like, as a symbol of the Spirit's presence with you. Prepare your heart by doing something that brings you closer to God's unconditional love. You might imagine yourself in a place where you feel safe and loved, perhaps with a dear friend, Jesus, or God. With your feet flat on the floor, take slow, deep breaths—from the soles of your feet, through your legs, up through your abdomen and chest. As you breathe in, receive God's love, and as you exhale, let that love fill the space around you.

Place a hand gently over your heart and invite the Holy Spirit to bring to mind the moment today for which you feel most grateful. If you could relive just one moment, which would it be? When did you feel most open to giving and receiving love?

Take a moment to remember what made that time so meaningful. Breathe in the gratitude you felt, letting it refresh you as you revisit that experience.

Now, ask God to reveal a moment from today for which you felt the least gratitude. When did you feel least able to give and receive love?

Reflect on what made this time challenging. Allow yourself to be present with any emotions that arise, without trying to change or fix them. Take a few deep breaths, letting God's love fill and hold you just as you are.

Offer thanks for both moments and for the awareness they bring. If it feels right, consider sharing any part of these reflections with a friend.

# *How to Use This Guide*

This guide is thoughtfully designed as a digital product. While you're welcome to print it if that suits your preference, you can simply view it on any digital device. With a few suggested supplies, you'll be prepared to follow the Spirit's lead, drawing you gently into God's presence.

To make the most of your journey, we encourage you to use your favorite journal. As you engage with each day's Examen practice, take time to reflect and record your thoughts, prayers, and insights. Journaling not only helps you capture the Spirit's movement in your life but also provides a meaningful way to revisit your journey later.

Over the next three weeks, this Journey Guide will introduce you to three unique ways to practice the Examen. In the first week, you'll explore the traditional form of the Examen. In the second week, you'll be guided through a contemporary version developed by Dennis Linn, as described in *Sleeping with Bread: Holding What Gives You Life*. Finally, in the third week, you'll experience a reimagined Examen by Mark E. Thibodeaux, SJ, adapted from his book *Reimagining the Ignatian Examen*.

# *What You Will Need*

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Your favorite journal





# *Contents*

01 Traditional Examen

02 Contemporary Examen

03 Reimagined Examen

WEEK

01

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*Traditional  
Examen*

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This week, you'll spend time praying the Examen using its traditional method. Practice the Examen 1 to 3 times each day, allowing God's presence to guide you through each moment. After each prayer, take a few minutes to capture your thoughts and responses in your journal, creating a space for reflection and connection.



# *The Traditional Examen*

## *Day 1 - 5*

**Preparation:** Begin by lighting a candle, if you'd like, as a symbol of the Spirit's presence with you. Prepare your heart by doing something that brings you closer to God's unconditional love. You might imagine yourself in a place where you feel safe and loved, perhaps with a dear friend, Jesus, or God. With your feet flat on the floor, take slow, deep breaths—from the soles of your feet, through your legs, up through your abdomen and chest. As you breathe in, receive God's love, and as you exhale, let that love fill the space around you.

**Seek the Spirit's Help:** Gently invite the Spirit to help you discern God's voice and guidance. Ask the Holy Spirit to bring to light not only what you can see but also the things only the Spirit can reveal.

**Give Thanks:** Offer thanks for the gifts you've received today. Ask the Spirit to bring these blessings to mind, including the hidden gifts God may want to reveal to you.

**Review and Recognize Areas for Growth:** With the Spirit's guidance, look back over your day. Ask the Spirit to gently bring to mind any areas where growth or healing may be needed. Where did you respond to God's love, and where did you turn away? How did your relationships with others feel? Were you faithful in living out your calling in the world? Allow the Spirit to help you see where transformation is being invited. Pray for God's Spirit to cleanse and set you free, and give thanks for God's faithful love.

**Receive Forgiveness and Healing:** If you notice places where you missed the mark, ask God for forgiveness and healing. Receive God's love and forgiveness, knowing you are being renewed to move forward in your purpose.

**Pray for the Next Day:** Ask God to walk with you through the day ahead, especially in any areas where you may need strength. Pray for guidance and the courage to live out God's love, even in challenging moments.

WEEK

02

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*Contemporary  
Examen*

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This week, you'll continue praying the Examen, exploring a contemporary approach. Practice the Examen 1 to 3 times each day, allowing space for God's presence to guide you. After each prayer, take a few moments to capture your thoughts and responses in your journal, creating a record of your reflections and God's movements in your life.

# *The Contemporary Examen*

## *Day 1 - Gratitude*

**Preparation:** Begin by lighting a candle, if you'd like, as a symbol of the Spirit's presence with you. Prepare your heart by doing something that brings you closer to God's unconditional love. You might imagine yourself in a place where you feel safe and loved, perhaps with a dear friend, Jesus, or God. With your feet flat on the floor, take slow, deep breaths—from the soles of your feet, through your legs, up through your abdomen and chest. As you breathe in, receive God's love, and as you exhale, let that love fill the space around you.

Place a hand gently on your heart and ask the Holy Spirit to bring to mind the moment from today for which you feel most grateful. If you could relive one moment, what would it be? When did you feel most able to give and receive love today?

Allow yourself to remember what was said or done that made this moment meaningful. Breathe in the gratitude you felt and let yourself relive the gift of that moment.

Now, ask God to guide you to the moment in the day for which you feel least grateful. When did you feel least able to give and receive love?

Reflect gently on what was said or done that made this moment challenging. Allow yourself to sit with whatever feelings arise, without needing to change or fix anything. Take a few deep breaths and let God's love hold you just as you are.

Give thanks for the experience of reflecting on these moments. If you feel moved, share as much as you wish of these two moments with a friend.

# *The Contemporary Examen*

## *Day 2 - Love*

**Preparation:** Begin by lighting a candle, if you'd like, as a symbol of the Spirit's presence with you. Prepare your heart by doing something that brings you closer to God's unconditional love. You might imagine yourself in a place where you feel safe and loved, perhaps with a dear friend, Jesus, or God. With your feet flat on the floor, take slow, deep breaths—from the soles of your feet, through your legs, up through your abdomen and chest. As you breathe in, receive God's love, and as you exhale, let that love fill the space around you.

Place your hand over your heart and gently ask the Holy Spirit to bring to mind the moment today when you felt most loved. What made you feel seen and affirmed?

Let yourself remember what was said or done in that moment that touched you so deeply. Take time to savor the love you received, allowing yourself to relive that moment again in your heart.

Now, ask God to bring to mind a moment from the day when you felt unloved.

Reflect on what was said or done that made this moment difficult. Sit with any feelings that arise, letting them be present without trying to change or fix them. As you take a few deep breaths, let God's love fill you just as you are.

Give thanks for the experience of these moments. If you feel led, share any part of these reflections with a friend.

# *The Contemporary Examen*

## *Day 3 - Life*

**Preparation:** Begin by lighting a candle, if you'd like, as a symbol of the Spirit's presence with you. Prepare your heart by doing something that brings you closer to God's unconditional love. You might imagine yourself in a place where you feel safe and loved, perhaps with a dear friend, Jesus, or God. With your feet flat on the floor, take slow, deep breaths—from the soles of your feet, through your legs, up through your abdomen and chest. As you breathe in, receive God's love, and as you exhale, let that love fill the space around you.

Place your hand over your heart and invite the Holy Spirit to guide you to the moment today when you felt most alive.

Reflect on what was said or done in that moment that brought you life. What breathed energy and joy into your day?

Now, ask God to bring to mind a moment from today when you felt drained or weary.

Consider what was said or done that made this moment challenging. Allow yourself to be present with any feelings that arise, without needing to change or fix anything. You might take a few deep breaths, letting God's love surround you and meet you just as you are.

Give thanks for these moments and for the awareness they bring. If you feel led, share any part of your reflections with a friend.

# *The Contemporary Examen*

## *Day 4 - Belonging*

**Preparation:** Begin by lighting a candle, if you'd like, as a symbol of the Spirit's presence with you. Prepare your heart by doing something that brings you closer to God's unconditional love. You might imagine yourself in a place where you feel safe and loved, perhaps with a dear friend, Jesus, or God. With your feet flat on the floor, take slow, deep breaths—from the soles of your feet, through your legs, up through your abdomen and chest. As you breathe in, receive God's love, and as you exhale, let that love fill the space around you.

Place your hand over your heart and invite the Holy Spirit to bring to mind the moment today when you felt the deepest sense of belonging—to yourself, to others, and to God.

Consider what was said or done in that moment that made you feel truly included. Take a moment to savor the warmth of being welcomed and connected.

Now, ask God to guide you to a moment today when you felt a lack of belonging. When did you feel on the outside, looking in?

Reflect on what was said or done that made this moment challenging. Sit with whatever feelings arise, allowing them to simply be, without trying to change or fix them. Take a few deep breaths, and let God's love fill and hold you just as you are.

Give thanks for these moments and the awareness they bring. If you feel led, consider sharing part of your reflections with a friend.

# *The Contemporary Examen*

## *Day 5 - Joy*

**Preparation:** Begin by lighting a candle, if you'd like, as a symbol of the Spirit's presence with you. Prepare your heart by doing something that brings you closer to God's unconditional love. You might imagine yourself in a place where you feel safe and loved, perhaps with a dear friend, Jesus, or God. With your feet flat on the floor, take slow, deep breaths—from the soles of your feet, through your legs, up through your abdomen and chest. As you breathe in, receive God's love, and as you exhale, let that love fill the space around you.

Place your hand over your heart and invite the Holy Spirit to bring to mind the moment today when you felt the most joy.

Reflect on what was said or done in that moment that filled you with happiness. Take a moment to relive the warmth of smiles and laughter.

Now, ask God to guide you to a moment today when you felt sadness. What touched your heart in a way that brought tears or a heavy feeling?

Consider what was said or done that made this moment difficult. Allow yourself to sit with any feelings that arise, without trying to change or fix them. Take a few deep breaths, letting God's love fill and hold you just as you are.

Give thanks for the experiences of the day and the awareness they bring. If you feel led, share any part of your reflections with a friend.

WEEK

03

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*Reimagined  
Examen*

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You will spend this week praying the Examen using the reimagined method. Pray the examen 1 - 3 times a day everyday this week. Each time you pray, capture your thought and responses to God in your journal.



# *The Reimagined Examen*

## *Day 1 - Habits*

**Preparation:** Begin by lighting a candle, if you'd like, as a symbol of the Spirit's presence with you. Prepare your heart by doing something that brings you closer to God's unconditional love. You might imagine yourself in a place where you feel safe and loved, perhaps with a dear friend, Jesus, or God. With your feet flat on the floor, take slow, deep breaths—from the soles of your feet, through your legs, up through your abdomen and chest. As you breathe in, receive God's love, and as you exhale, let that love fill the space around you.

Spend a few moments in gratitude, thanking God for one or two of the blessings, big and small, that you received today.

Look over your day, asking God to show you a few of your habits. Try to see your thoughts or actions today that are typical of the way you think or act. As you look over your day, what do you notice you have a habit of doing?

What unhealthy habits do you notice? What help do you need from God regarding these habits? Healing? Forgiveness? Ask for anything that you need from God.

What good habits do you notice? What impact are they having in your life? Give thanks and praise to God for the goodness placed within you.

Looking to tomorrow, what bad habit do you want to break? What good habit do you want to cultivate? Ask God for the help you need to break these particular bad habits and grow in these good habits?

# *The Reimagined Examen*

## *Day 2 - Your Presence*

**Preparation:** Begin by lighting a candle, if you'd like, as a symbol of the Spirit's presence with you. Prepare your heart by doing something that brings you closer to God's unconditional love. You might imagine yourself in a place where you feel safe and loved, perhaps with a dear friend, Jesus, or God. With your feet flat on the floor, take slow, deep breaths—from the soles of your feet, through your legs, up through your abdomen and chest. As you breathe in, receive God's love, and as you exhale, let that love fill the space around you.

Spend a few moments in gratitude, thanking God for one or two of the blessings, big and small, that you received today.

Look over your day, asking God to show you moments when you were not fully present. When did you become distracted or lost in your own thoughts? Ask God to show you the effects of being absent in those moments. Speak to God about your absence in these moments, asking for advice, healing, forgiveness, or anything else you need as you relive this moment.

Now look again at your day looking for those moments when you were fully present in the moment. Maybe a time when you listened well or lended a helping hand to someone in need. Pause to give God thanks for the grace to be fully present to another.

Now look to tomorrow. What moment tomorrow could really use your full attention? Where might you be tempted to get lost in thought to lost in some diversion? Speak to God about the concrete moments that might challenge your full presence tomorrow.

# *The Reimagined Examen*

## *Day 3 - God's Presence*

**Preparation:** Begin by lighting a candle, if you'd like, as a symbol of the Spirit's presence with you. Prepare your heart by doing something that brings you closer to God's unconditional love. You might imagine yourself in a place where you feel safe and loved, perhaps with a dear friend, Jesus, or God. With your feet flat on the floor, take slow, deep breaths—from the soles of your feet, through your legs, up through your abdomen and chest. As you breathe in, receive God's love, and as you exhale, let that love fill the space around you.

Spend a few moments in gratitude, thanking God for one or two of the blessings, big and small, that you received today.

Look over your day, asking God, "Who wore your face for me today? At what moment did you come to me through the words or actions of another person? Relive that moment. Give thanks and praise for the gift of that person in your life.

Look again at your day, ask God, "In what person did I fail to find your presence?" Relive that difficult moment in your mind, speaking with God about why that moment was so difficult for you. Say whatever surfaces in your heart. Ask for wisdom, forgiveness, healing. Ask how God was hidden in this person and how you might call forth that Presence the next time you encounter that person.

Look again as your day asking, "Was there some person I encountered today who needed me to be your hands? your feet? your voice? your presence? Did you succeed in manifesting God's presence for this person? Try to identify on person for whom you failed to be God's presence. Ask for wisdom, healing, forgiveness. Then, try to find one person for whom you did succeed at being the presence of God for. Relive that moment, giving thanks to God for it.

Looking to tomorrow, ask God to show you a person who might really need you to be God's presence the next time you see him or her? What would it look like to be God's face for this person? Ask God for anything you need to make this a future reality.

# *The Reimagined Examen*

## *Day 4 - Thoughts*

**Preparation:** Begin by lighting a candle, if you'd like, as a symbol of the Spirit's presence with you. Prepare your heart by doing something that brings you closer to God's unconditional love. You might imagine yourself in a place where you feel safe and loved, perhaps with a dear friend, Jesus, or God. With your feet flat on the floor, take slow, deep breaths—from the soles of your feet, through your legs, up through your abdomen and chest. As you breathe in, receive God's love, and as you exhale, let that love fill the space around you.

Spend a few moments in gratitude, thanking God for one or two of the blessings, big and small, that you received today.

Look over your day, asking God to reveal your thoughts of this day. What were your strongest thoughts? What strong opinions did you hold? What attitudes did you carry with you? What presumptions did you make? How did you perceive yourself, your situation, the people, places, and events of your day? What conclusions did you make?

When you come upon a strong and influential thought that you had today, sit with it for a moment. What was the source of this thought? Did it come from a place of spiritual freedom or from a place of unfreedom? Did it lead you to greater or lesser spiritual freedom? Did it lead you to greater faith, hope, and love or less faith, hope and love?

Give thanks for the thoughts that came from the true Spirit. Ask forgiveness if you allowed unfreedoms within you to influence your thoughts.

Looking to tomorrow, what thoughts and attitudes do you desire to hold tomorrow? About yourself? About the people around you? Make some concrete resolution based on what arose in this prayer time.

# *The Reimagined Examen*

## *Day 5 - Attachments*

**Preparation:** Begin by lighting a candle, if you'd like, as a symbol of the Spirit's presence with you. Prepare your heart by doing something that brings you closer to God's unconditional love. You might imagine yourself in a place where you feel safe and loved, perhaps with a dear friend, Jesus, or God. With your feet flat on the floor, take slow, deep breaths—from the soles of your feet, through your legs, up through your abdomen and chest. As you breathe in, receive God's love, and as you exhale, let that love fill the space around you.

Spend a few moments in gratitude, thanking God for one or two of the blessings, big and small, that you received today.

Look over your day in God's presence, search for any person, place, thing, or activity to which you are clinging too tightly. To whom or what are you too attached? addicted to? too dependent on? Don't allow yourself to be satisfied with the first example you find. Dig deeply and see if you can find two or three answers to this question. When you land on the most important one, spend time speaking with God about this. Ask God for advice, forgiveness, or healing.

With God, look again over your day, this time searching for any person, place, thing, or activity you are avoiding. From whom or what are you running? actively ignoring? resisting? pushing out of your life? Again, diligently search until you find two or three answers. Then, speak with God about the most important one. Again, ask God for advice, forgiveness, and healing. Listen quietly, waiting for God to respond.

Return to the day a third time with God, this time search for any person, place, thing, or activity where the relationship is just right. Which gift of God do you seem to be using just as God would want you to? For example, "My marriage is suddenly going just right these days! Thank you!" In other words, what went right today, and what person, place, thing, or activity do you have to thank for it? Give praise to the Creator of all good gifts.

Looking to tomorrow. Given what you experienced in this Examen, do you feel called to make any changes in your thoughts, words, or actions? If so, commit to doing so. Ask God for help to do what you've decided to do.



## *The Journey Continues*

We hope this guide has been a meaningful part of your journey with God. As you've taken time to reflect and notice God's presence through The Examen, we pray you've experienced a deeper awareness of God's love and grace woven into your daily life.

Your journey doesn't have to stop here. If you're looking for more support or resources to help you grow in your relationship with God, we invite you to explore what our ministry offers:

- **Spiritual direction sessions**
- **Retreats and workshops**
- **Additional resources for prayer and reflection**

We're here to journey with you as you continue seeking God's presence in your life. On the next page, you'll find ways to connect with us and discover how we can support you in deepening your relationship with God.

"Examine yourselves to see whether you are living in faith. Test yourselves. Recognize that Jesus Christ is in you.

~ St. Ignatius



# *Tools & Resources*

Visit our website to learn more about how additional services provided by Becoming Still Ministries can assist you in your walk with Christ.

## SPIRITUAL DIRECTION

Spiritual direction is a ministry of holy listening, providing space for reflection with a trained spiritual director to hear and see the work of God in your life.

## BIBLICAL TEACHING

Our workshops and courses uniquely combine teaching and spiritual practices that allow you to slow down to fully engage Scripture as you experience more of God.

## RETREATS

A retreat allows you to steal away for a time of silence and solitude where you hear and experience more of God.

## JOURNEY GUIDES

Our journey guides are a perfect introduction to spiritual practices that position you before God for healing and transformation.

# *Contact Us*

[www.becomingstillministries.org](http://www.becomingstillministries.org)

[info@becomingstillministries.org](mailto:info@becomingstillministries.org)

440 336 0727