

THE EXAMEN

BE STILL

Find a quiet, comfortable place. You could make a den with sheets and cushions. Or make yourself comfy on a sofa. Breathe in deeply and in your head or quietly to God say, "You are here." Then breathe out saying, "And I am with You."

GIVE THANKS

Think about what has happened over the last day. Concentrate on the good things you can remember. They could be big or small. Focus on the good things and feeling thankful for them.

REFLECT

How do you feel? Name the emotions you are feeling and give them to God. Think, what have you done today? Did you choose Jesus' way?

PRAY

Choose one good thing and one sad thing. Give them both to God, and listen to what He says in the quiet.

HOPE

Look forward to the next day. Give it to God asking Him to take everything that happens and turn it to good.

