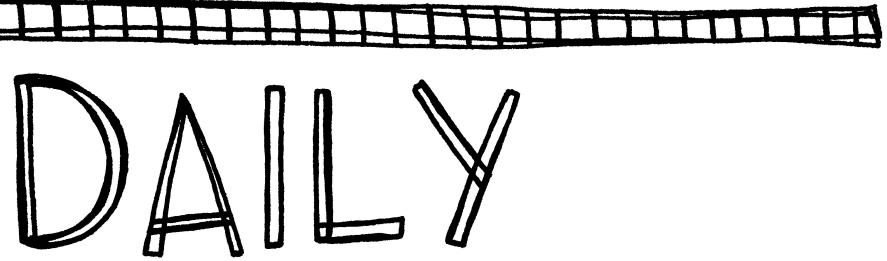
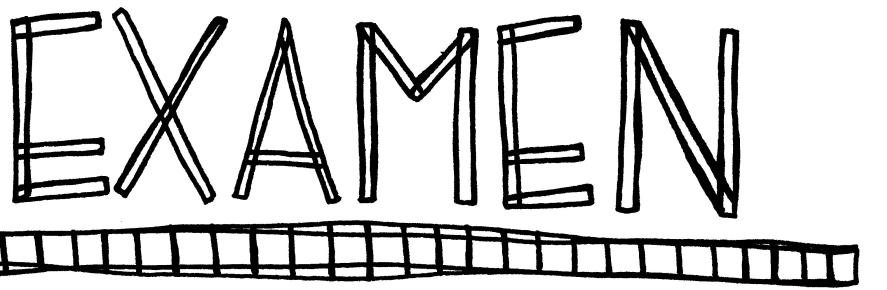


By Allison Wehrung  
[www.revacw.com](http://www.revacw.com)

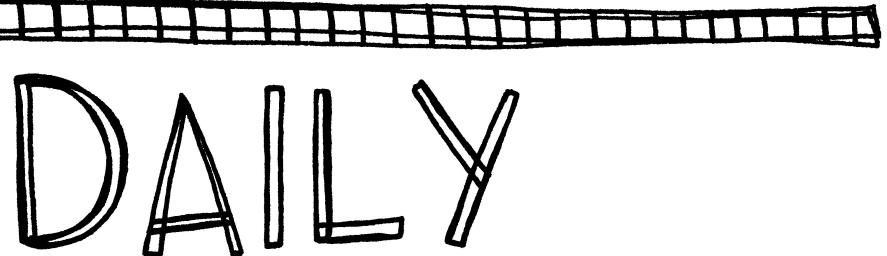


DAILY



EXAMEN

By Allison Wehrung  
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DAILY



EXAMEN

The examen is a three-part practice that invites us to become more aware of God's presence in our lives.

- 1) For which part(s) of the day are you *most* grateful?
- 2) For which part(s) of the day are you *least* grateful?
- 3) Give thanks for the day.

There are lots of ways to ask these questions -- use whichever works for you, or imagine your own. Some other options:

What were today's high and low points?

When did you feel most alive today? Most drained?

When did you give and receive the most love today? The least?

*Adapted from Sleeping with Bread by Dennis Linn, Sheila Fabricant Linn, and Matthew Linn.*

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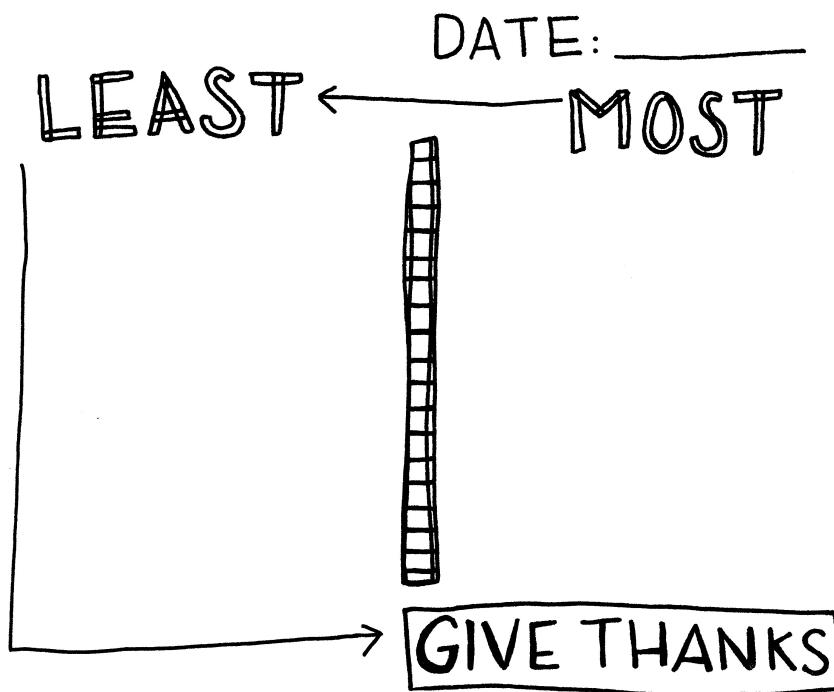
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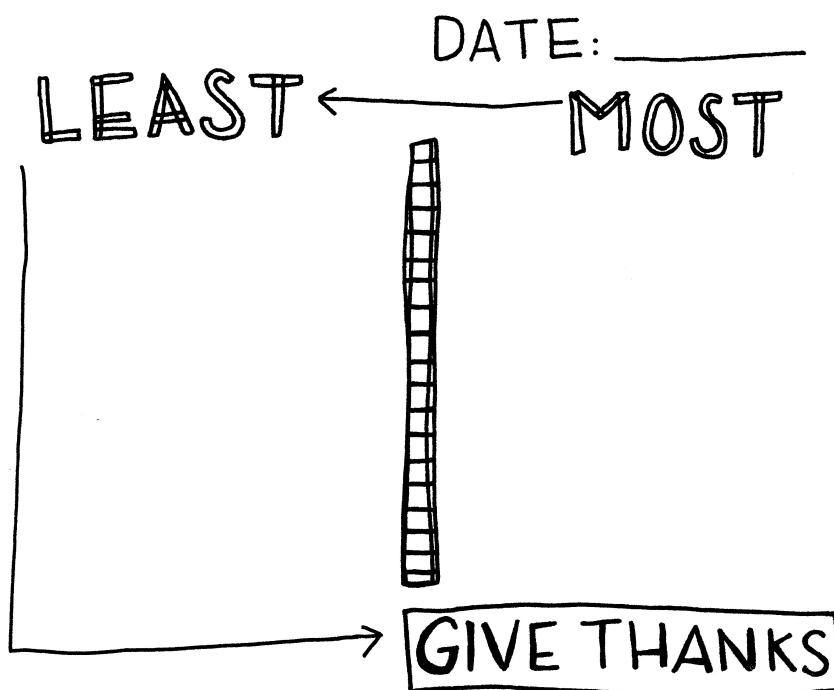
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ABOUT  
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