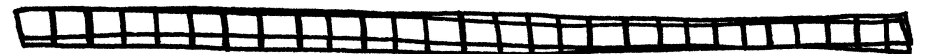
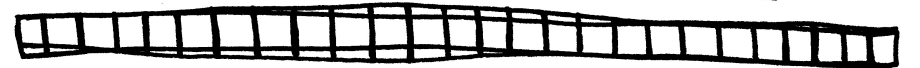


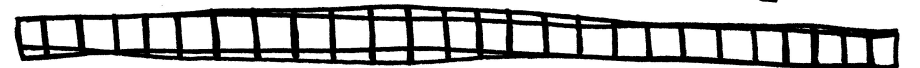
DAILY

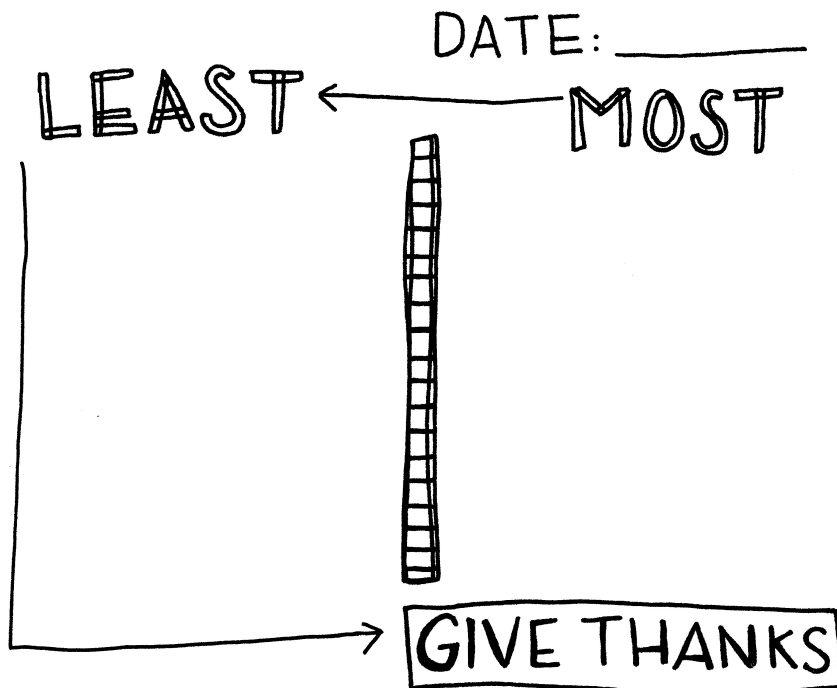
EXAMEN



DAILY

EXAMEN





ABOUT THE 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.

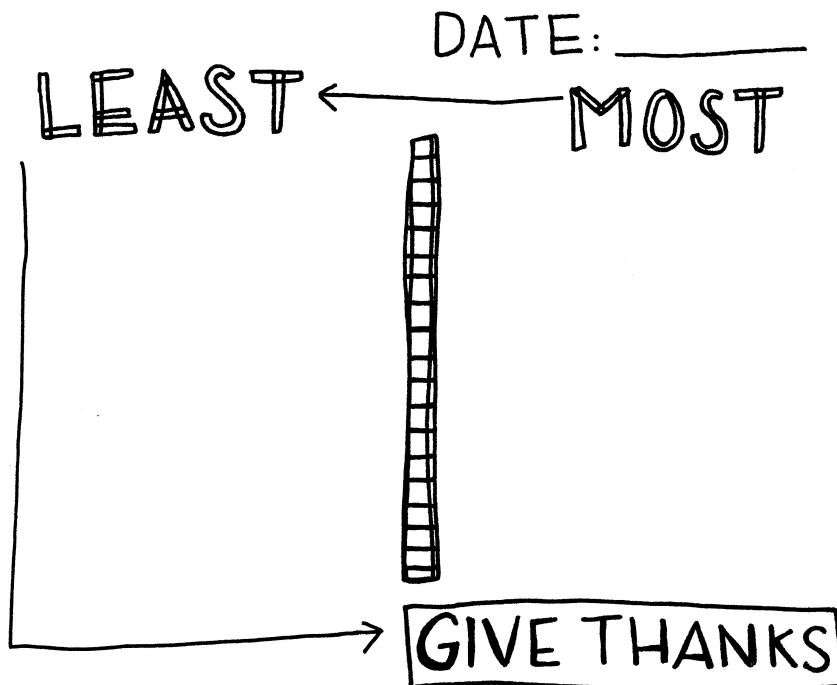
There are lots of ways to ask these questions -- use whichever works for you, or imagine your own. Some other options:

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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