

### **Awareness Examen**

I pray for enlightenment and the grace of openness so that the Spirit will help me see myself honestly, as I review both my actions and my heart's involvement in them.

I pray in gratitude for all the gifts that I have received as I glance back at the experiences of the past twenty-four hours (or week), and take notice of all the feelings emerging within me.

I pay special attention to the more intense feelings, moods, thoughts, and desires within me at this time as a way of getting a sense of what is going on in my life.

I pray for healing in my heart for the any of the ways that I have not lived up to the requirements of love in my relationship with God, myself, and others.

I ask for help to live with renewed hope and increased love of God and others. I pay special attention the feelings stirring within me and listen to how God might be inviting me to most lovingly respond in my work, studies, in my relationships, etc. in the coming days.

I thank God for giving me the grace to create this time and space. I pray for the grace to be led by its fruits.

