

MY DAILY EXAMEN

I place myself in the Presence of God, Who is Love.

1 RELISH

For 5 – 10 minutes I rest in the Presence of God, attentive to my breathing, my need for peace and quiet.

2 REVIEW

I briefly review the day since I awakened. What drew me closer to God this day? What pulled me away from God this day? What went on within my heart? What was the day like overall?

3 REPENT

I briefly note and ask for pardon, peace and mercy for those times that I was not the best version of myself, where I fell short being who I want to be, I hurt someone.

4 REQUEST

I ask the Lord of Merciful Love for assistance, for help in anything small to large. I ask Him to come to my assistance.

5 RESOLVE

I imagine what I want to live the rest of the day (or tomorrow) like, with God's help and grace. I resolve to do good.

6 FINISH

I praise, adore and thank God for the many ways He has been present in, with and near me.