



15-minute meditation

A prayerful way to
reflect on your day



PLEASE NOTE: This resource has been adapted from CCLI's "Prayer of Examen for Workers"

Examen is a daily exercise initiated by Ignatius some 600 years ago to help people pause and reflect. It has four simple steps and takes about 15 minutes to complete.

Please begin by finding somewhere comfortable to sit. Take three slow, deep breaths at your own pace. Slowly become aware of your connection to yourself, this moment, and the world around you. Then move on to Step 1...



1 Gratitude (2 mins)

Even if today has felt hard, take some time to consider what good things you have experienced today. What has been lifegiving today?

Consider the really big ones (your life, safety, love) to the really small ones (a good night's sleep, an affirming conversation, a task completed, a compliment paid to you).

For each gift that comes to mind, spend a moment giving thanks.

2 Inspiration (1 min)

You are invited now to ask for the clarity to see the truths of the day that you just experienced: the experiences that were lifegiving, the moments that were life-draining; the joys and sorrows; the healthy and unhealthy.

Just ask for some help for the rest of this meditation to see your day for what it truly is.

3 Review + reflect (10 mins)

Use your imagination to review and relive your day. When significant moments arise, linger there for a while. If you notice yourself getting stuck on one aspect of your day, acknowledge its significance and gently let go as you continue to review your day.





You may find a few of the following questions useful in prompting your reflection:

Have you learned anything today about God and his ways, in the everyday events of living and working?

Did you meet him in the ups and downs: fears, joys, misunderstandings, weariness, exhilaration?

Did you feel the absence of God in any part of your day? If so, why do you think that was?

Notice your habits and patterns in the day. Which positive ones would you seek to reinforce? Which negative ones could you lay down with God's help?

Did you feel God prompting you, nudging you in any particular way? How did you respond?

How were your moods today? e.g. What made you feel peaceful? When did you experience unease or turmoil? Reflect on what it was that seemed to make you react in these ways, and open up your feelings to God for affirmation or healing.

4

Reconciliation + resolve (2 mins)

With what you have learned during this meditation about yourself and your life, is there anything you feel invited to do tomorrow?

Perhaps more importantly, consider what sort of person you feel called to be tomorrow. Take a moment to resolve to be that person.

If you feel comfortable doing so, ask God for the help you need to fulfil this commitment, particularly that God might show more of his love to others through you. Take a few deep breaths.

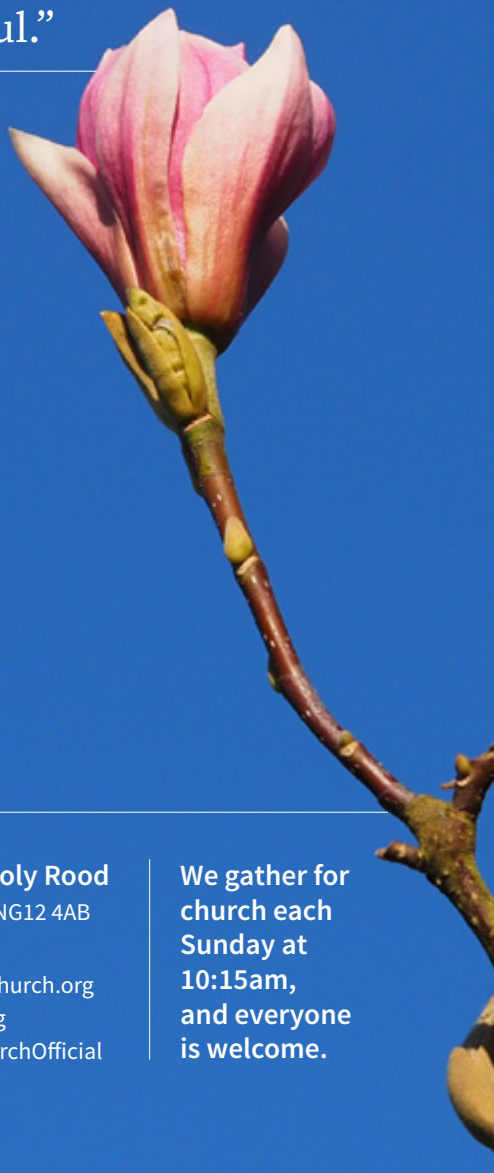
Thank you for walking with us today.

We hope the garden has brought you a moment of peace.



“The Lord is my shepherd,
I shall not be in want.
He makes me lie down
in green pastures,
he leads me beside quiet
waters, he restores my soul.”

Psalms 23



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We gather for
church each
Sunday at
10:15am,
and everyone
is welcome.