

Week 7
END-OF-THE-DAY EXERCISES
(About 20 minutes)

DAY ONE: REVIEWING THE EXAMEN

-The EXAMEN should take about fifteen minutes. During this reflection time, you can use the following diagram about “THE FIVE R’s” to help guide your time:

Five Finger Examen

1. Be still

Our thumb reminds us of what is important. Notice your breath, try to still your mind, and be present to God and yourself.

2. Be grateful

As our index finger points things out to people, reflect on your day and point out everything you're grateful for.

3. Notice

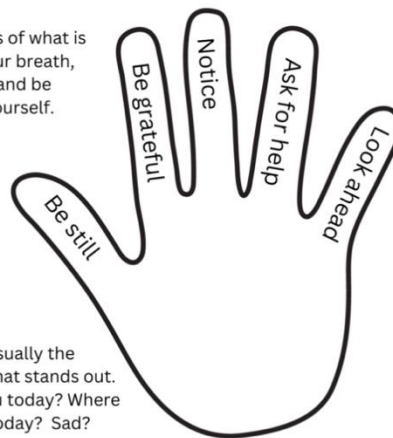
Our middle finger is usually the longest and the one that stands out. What stood out to you today? Where have you felt happy today? Sad? Frustrated? Were there any challenges today? Any victories?

4. Ask for help

Our ring fingers are where we put our wedding rings. Think about your responsibilities and promises you have made. What do you need God's help with? Is there anything you need to say sorry for?

5. Look ahead

Our pinky finger is our smallest one. Sometimes a small change can make a big difference. Think about tomorrow. What do you hope for? Are there any little changes that you can make?



JOURNAL QUESTIONS:

1. Looking back over my day through the five steps, where do I notice Divine Presence most clearly — and what does that teach me about what matters most in my life right now?
2. What surprised me in this reflection — something I had overlooked, taken for granted, or not named until now?
3. As I hold the whole of this day in Loving Presence, what grace or invitation do I sense for tomorrow?

A photograph of a person's hands, wearing a pink long-sleeved shirt, washing a dark-colored frying pan in a kitchen sink. The pan is covered in white soap suds. The sink is filled with water and more suds. In the background, a white spray bottle and a blue faucet are visible. The image has a soft, slightly blurred quality.

The Examen

***'We recognize the Beloved in the nitty gritty of life
and we bring the nitty gritty back to the Beloved.'***