

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

REVIEWING THE EXAMEN/RENEWING MY COMMITMENT

-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 past week through the five steps, where have I noticed God's presence most clearly — and what does that teach me about what matters most in my life right now?
2. What surprised me in these reflections — something I had overlooked, taken for granted, or not named until now?
3. Are you able to better name or recognizing the movement of consolation and desolation in the rhythms of life?

4. Take a moment to reflect about the potential benefits of the END OF THE DAY EXAMEN. How/do you feel called to incorporate some aspect of THE EXAMEN in your daily spiritual life?

