

Prayer of Examen

1. Become aware of God's presence.
2. Review the day (most recent 24-hour period).
3. Pay attention to the emotions of the day.
4. Choose one difficult thought or emotion on which to focus. Ask God to reveal any "unclean" aspect and pray for God's "cleaning."
5. Look forward to new patterns of thought and action.

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Session 6**July 8, 2018****Prayer of Examen**

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