

Date:

Awareness Examen

**First,
Praying for Light**

Ask the Holy Spirit to enlighten you as you reflect on this day; ask for the grace to see yourself as God does.

**Fourth,
Deepening**

Ask for a deeper awareness of where and how you were open to God's Spirit
Ask for sorrow for failures to respond to God's grace and presence

Ignatian Spirituality	Second-Thanksgiving Spend a moment considering the gifts of your life and in particular, the blessings and gifts of this day. Think specifics. Jot them down.	Third- Reviewing the Day Recall the events of the day. What opportunities has God offered you? Where have you found God present? Did you fail to recognize God's presence in some moment? Where is God calling you to change, to a deeper conversion?	Fifth- Looking Ahead Resolve to make changes. Pray for the help and guidance needed tomorrow. Jot down what you decide.
Monday ___/___			
Tuesday ___/___			
Wednesday ___/___			
Thursday ___/___			
Friday ___/___			
Saturday ___/___			
Sunday ___/___			
What Patterns, Graces?			

Date: