

**The Examen: Selected Focus Questions from *Listening Spirituality***

Looking back over the past 24 hours:

*Awareness of the presence of God in my life*

What emerges? How do you feel about what is shown to you?

How do you see the giftedness in your life? the poverty?

What do you see that calls you to be grateful?

Allow gratitude to take hold of you....

*Express this to the Creator, Redeemer and Sustainer*

Where has God been present in your life?

How did you meet God today?

How were you drawn to God today?

How did you respond (or fail to respond) to God today?

*Talk with God about what has surfaced*

Was there any insight that held particular significance for you?

Is there anything you have learned about yourself and your prayer?

    About how God works in your life?

Were there areas where you became distracted or resistant that might be prompting you to closer examination?

Choose the questions that seem appropriate for the time. A brief version could be:

Where have I met and cooperated with the Spirit today?

Where have I met and evaded the Spirit today?

How do I speak with God about this?