

An Examen of a Day of Personal Crisis

This Examen invites you to look back at a 24-hour period in which a personal crisis occurred. Maybe it is news of a diagnosis, a death, a natural disaster, a break in a relationship, etc. Think of any happening that seems to have a split time- there is a before and after.

Take a moment to pause in prayer today. Take a deep breath. A terrible thing happened and this prayer is to help you make sense of it. As you pause, remember that even though this moment happened you are not alone. *You are not alone.* God is with you.

1. Presence: Ask for God's presence.

Holy Spirit, be in this broken place with me. Help me to see it all as you see it or saw it. Help me see the smaller details that are so often overshadowed when I recall this difficult day.

2. Gratitude: Look upon the day with gratitude.

Even though a hard day, name the gifts of the day. For what are you thankful? Ask God to show you the gifts of the day. Take time now to thank God.

3. Consolation: Notice God's presence.

As you review the moment, notice where you felt the presence of God. Where did you feel an increase in faith, hope, & love? Where might God have been presence in this crisis that you did not see the first time?

4. Desolation: Notice now where you felt distant from God.

Where did you feel a decrease of faith, hope, & love? What parts of this crisis are still hard? With confidence, share how you are feeling with God.

5. Grace: Ask for what you need.

As we carry on away from those 24 hours, what grace do you need right now? Jesus tells us over and over again, "Do not be afraid." With courage ask God for what you need for the day ahead.

Close with an Our Father.