

# An Awareness Examen

(5 steps like 5 fingers)

## 1. **Becoming aware of God's presence**

*"Lord, you are here."*

- I imagine myself being with Jesus as with a friend, asking to see my day through his eyes and to feel with his heart.

## 2. **Giving thanks**

*"Lord, all is gift from you, including myself."*

- Jesus, what gifts did you bless me today?
- What am I most grateful for today?

## 3. **Paying attention to feelings / inner movements**

*"Lord, show me what has been happening to me and in me today."*

- Jesus, today what gives me life (brought me closer to You)?
- What drains life out of me (took me away from You)?
- How have you been inviting me today?

## 4. **Saying "thank you" or "sorry"**

*"Lord, I am still learning to grow in your love."*

- Jesus, how have I trusted or depended more on myself than on You & Your love?
- Jesus, thank you for ...

## 5. **Walking in hope**

*"Lord, let me walk in hope with You."*

- Jesus, how do You invite me to be more attentive or responsive to You tomorrow?

If the only prayer you  
ever say in  
your entire life is  
**thank you,**  
it will be enough.

— MEISTER ECKHART