Family Awareness Examen

Have a copy for each member of your family to fill out. Invite everyone to share what they wrote on #2, #3, and #4.

1. BREATHE

• Jesus, fill me with your Spirit so I can look back on my day with You.

2. THANK YOU

• God, I am most thankful for ...

3. SORRY

• God, I am sorry for ...

4. HELP ME

• Holy Spirit, please help me to ...

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5. PRAY the OUR FATHER Slowly

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