

Thoughts, Words and Deeds Examen by Dcn. Valerie McIntyre

Search me, O God, and know my heart! Try me and know my thoughts! (Ps. 139)

Out of the abundance of the heart the mouth speaks. (Luke 6:45)

I know your deeds. (Rev. 2:2)

Presence: I become present to God and aware of God's loving gaze upon me.

Gratitude: I notice one or two things, great or small, for which I am grateful, and express my gratitude to God.

Review of my thoughts: Come, Holy Spirit, reveal my thoughts. What were my strongest thoughts and opinions today? How did I perceive myself, the people, places, and events of today? When I come upon a strong and influential thought from the day, I ponder it for a moment. Did it come from a place of spiritual freedom or not? Did it lead me to greater or lesser faith, hope and love?

-I give thanks for the grace that influenced my way of thinking today.

Review of my words: Come, Holy Spirit, remind me of words I have spoken today. With the light you give me, I will ponder what I have said and the sources of my words.

-When did my words help others to grow in faith, hope and love? When did I speak an important truth today?

-Show me any words that I spoke today that caused harm. Show me when I spoke out of hurt, pride, or fear today.

Review of my deeds: Come, Holy Spirit, help me to remember my actions today. I want to see myself from the perspective of my all-loving and holy God.

-When were my actions loving and kind, sacrificial and generous? When did I bring encouragement or joy to others today? When did I serve others today?

-When were my actions self-serving and self-indulgent today? As I notice, I ask for God's forgiveness freely given to me in Christ.

God's response to me: I ask for and receive the forgiveness that God offers to me in this moment. I also pause to enjoy God's delight me today.

Focus forward: I now look to tomorrow. Anticipating what tomorrow will hold, what thoughts and attitudes do I desire as a gift of grace? What do I desire to say tomorrow to the specific people I will likely encounter? What do I desire to do tomorrow?

Conclude with the Lord's Prayer.