The Examen

- Ask God to open your eyes to His working presence in your life today.
- Did you see anyone through the eyes of Christ's love today?
- Where did you see the goodness of God in the simple and mundane things?
- Is there any sin you must acknowledge and request God's forgiveness?
- What does the Lord want you to know?
- Pray for grace to be more fully available to God, who fully loves you.
- Recite the Lord's Prayer (Matthew 6:9-13)

The Examen is a reflective practice that invites individuals to review their day in God's presence, recognizing moments of gratitude, feelings, and spiritual insights. It encourages a deeper awareness of how God's grace operates in daily life, fostering personal growth and a closer relationship with God.

Take some intentional time today to be with Jesus in prayer. We hope you encounter His love for you and experience the peace and restoration that only He can provide. We love you Valley Christian Staff!

VALLEY CHRISTIAN SCHOOLS™
SPIRITUAL FORMATION