**A Model Prayer of Examen**

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting.” Psalm 139.23-24 NIV

1. **REPLAY**

Rewind the day in your mind, from the beginning. What do you notice? What made you happy, anxious or angry?

1. **REJOICE**

Thank God for the good things you experienced today. Then, thank Him for the less obvious things like simple or unexpected events and moments.

1. **REPENT**

Say sorry to God for anything you thought, said or did that you now regret. For the times you acted as if God was not there with you or when you just ignored his will.

1. **REBOOT**

Decide in your heart to live for Jesus tomorrow and ask for him to help you follow him more closely

1. **REST**

Take a moment to thank God for His presence with you as you wind down for the day and commit the next day to his loving care as you sleep.

**Some guidelines before you get started**

**Keep it real**

Set yourself a target of how often you will do it and for how long. You can always extend or increase once you get into a rhythm.

**Keep it focused**

Spiritual habits are not an end in themselves, but a means to an end. The goal is to love God more. Try to see it not as a duty, but as something we gladly undertake for the prize of knowing God better.

**Keep it up**

All of us are likely to forget, be distracted or interrupted. Don’t worry. Try again later or make a fresh start the next day.