



## **Saturday Examen**

Take a moment to settle into prayer and become aware of the presence of God...

How has this week been for you? As you cast your mind over it, notice what comes to the surface naturally...

Where did you feel consoled? At peace? Hopeful?

Where did you feel tensions arising? Where did you struggle to feel at peace?

Looking at the week ahead, what would you like to ask God for to help you through it? Take a moment to talk to God now, as one friend speaks to another...

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.