

Saturday Examen

I enter into prayer today allowing God to look at me.

I can do this in my imagination if it's easier.

I become aware of every part of me in the presence of God. From the top of my head to the tip of my toes. From the inner workings of my body to my mind, my heart, my soul.

My whole being observed by my loving Creator. I am uniquely God's. I am God's beloved.

I think back over the week. I ask God to shine His light on my week. Where have there been areas of light and life? I give thanks.

Where have I met fear, frustration, difficulty in understanding? I bring these to God for His healing, His peace, His ease. His grace.

I simply stand in the grace of God. Is there something I want to ask for?

I commit the coming hours and days to Him.

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.

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