

The Examen of Consciousness

A Prayer to God

God, thank you.

I thank you, God, for always being with me, but especially I am grateful that you are with me right now.

God, send your Holy Spirit upon me.

God, let the Holy Spirit enlighten my mind and warm my heart that I may know where and how we have been together this day.

God, let me look at my day.

God, where have I felt your presence, seen your face, heard your word this day?

God, where have I ignored you, run from you, perhaps even rejected you this day?

God, let me be grateful and ask forgiveness.

God, I thank you for the times this day we have been together and worked together.

God, I am sorry for the ways that I have offended you by what I have done or what I did not do.

God, stay close.

God, I ask that you draw me ever closer to you this day and tomorrow.

God, you are the God of my life—thank you.

Adaptation by David Fleming, sj

"Each day is a messenger from God" – Russian proverb