

Examen Journaling Question Suggestions

Find a quiet moment and ask God to be with you as you enter into his presence.

First call to mind two or three things you are grateful for. Anything that blessed your day and thank God for them.

As you review your day, starting in the morning and progressing through your day try to notice where God has been.

Where have you seen God work?

Where did you feel the Holy Spirit's presence?

In what people or places did you encounter Him?

Where did you accept the Spirit's invitation to be kind, understanding, encouraging...

Where did you turn from it?

How did you respond?

Take notice of any feelings you had.

How did your day progress? Calm, slow, quiet? Or rushed, stressed, chaotic?

As you reflect, where did you see His fingerprints?

Were there things you missed?

Were there things you regretted?

Were you aware of His promptings?

Remember something that was meaningful, or caught your attention. Talk to God about it, listen, let Him speak into this and listen for His gentle and loving voice.

As you write down in your journal, a couple of either bullet points or prayers or insights from his word, ask for grace. Asked to see more of Him, notice Him more throughout the coming days. Be intentional about your conversations with Him throughout the day. Notice patterns of how He reveals himself to you as well as patterns of how you responded to Him, people, or activities throughout your day.