



THE EXAMEN

1. BEGIN WITH A PRAYER OF GRATITUDE FOR THE WAYS GOD HAS MET YOU AND PROVIDED FOR YOU.
 2. PRAY FOR INSIGHT AS TO WHERE YOU'VE FALLEN SHORT IN THE THINGS YOU'VE DONE, AND THE THINGS YOU'VE LEFT UNDONE.
 3. CONSIDER YOUR DAY HOUR BY HOUR. WHAT WERE YOUR THOUGHTS, WORDS, AND DEEDS?
 4. ASK GOD FOR FORGIVENESS FROM THE PLACES YOU'VE FALLEN SHORT TODAY.
 5. RESOLVE TO CHANGE THE THINGS THAT NEED CHANGING THROUGH THE GRACE GOD GIVES.
 6. PRAY THE PRAYER THAT JESUS TAUGHT US IN MATTHEW 6:9-13.
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