The Review of the Day or Examen is a way of grateful reflection on where God is in the everyday and can be placed at regular times of the day

I invite you to fix your gaze on something eg… or close your eyes

We ask God for light - *I want to look at my day with God's eyes, not merely my own.*

Look back on the events of the day so far in the company of the Holy Spirit with gratitude. Focus on the day's gifts. Look at what you did, the people you interacted with. What did you receive? What did you give? (*Pay attention to small things. God is in the details.)*

Review the day - we detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you've experienced during the day. (*Boredom? Elation? Compassion? Anger? Confidence?)* What is God saying through these feelings?

Ask the Holy Spirit to direct you to one thing during the day that God thinks is particularly important. Allow prayer to arise from your heart.

Look toward the rest of the day - *ask God to be with you and* to give you light for the challenges to come. Pay attention to the feelings that surface as you survey what's coming up. Allow these feelings to turn into prayer.

And together let's conclude with the Glory Be

