

A DAILY PRAYER OF REFLECTION AND EXAMEN
A Jewish Adaptation

Scanning over your life at the beginning or end of the day

Invite the One who is the Light of the world to walk with you as you rehearse the past twenty-four hours, gentle sifting through the events of the *previous* day.

(1) ***Give thanks for some gift of the day; celebrate G-d's empowering love*** at a time or times when you were loved or were loving.

(2) ***Notice some struggle of the day; at times when you felt less than loving celebrate G-d's undefeated love***—and hear the G-d say, “I know that and I love you.”

(3) ***Ask G-d for a specific grace for the day ahead*** (for example, in light of your above, you may pray for patience or attentiveness, or in light of a difficult meeting ahead of you, you might pray for discernment).

Last: Imagine a little hidden video at home or work: Visualize yourself in some situation, acting as if you are already whole.

Return to active life using a line of a poem, scripture or song.
For group: Share with one other person, as seems good (4-5 minutes). Conclude with a brief silent prayer for each other.

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