

***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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