Daily Examen

Based on Adam Thomas’s *Digital Disciple: Real Christianity in a Virtual World*, Abingdon Press, 2011.

Requirements: A notebook, something to write with, a place and time to write, preferably at the end of the day.

“Each night I write a prayerful account of my day in five structured steps. Over time, this bedtime ritual has become my tool for slowing down and noticing.”

1. By writing the words, “Yes, Lord, you are here,” acknowledge God’s presence around you and within you.
2. Give thanks for all the ways you felt blessed today.
3. Reflect on the events of the day, and focus on one that brought you closer or pushed your further from God.
4. Reflect on a particular encounter or conversation with an individual during which you did or did not fulfill you promises as a disciple of Jesus Christ.
5. Read what you have written, and write a sentence about tomorrow in light of what happened today. Listen and breathe and pray.