

An Examen of Peace

I spend a moment quieting myself,
inviting the Holy Spirit to help me examine my day.

I look back on my day since I woke up.
Who or what were signs of peace for me today?

I pause to thank God for each of these
tangible signs of peace in my life.

When was it hard for me to feel at peace today?

I ask God for forgiveness for any of my reactions today
that might have lessened the peace of others.

I look towards the rest of my day (or tomorrow).
What do I need from God in order to experience
a renewed sense of peace?

I pause to ask God for what I need.

Lord, as I end this examen,
help me to see how even in small ways,
I can increase the peace of others.

Amen