

## **A Review of the Day (Examen) for those in self-isolation or working from home**

### **Introduction**

Many Christians use a special “examen” ( Latin- mean of examining) at the end of each day. It is particularly popular for those of us (like your vicar) that dwells within Ignation Spirituality. Try looking that up.....

### **How can you do this?**

An examen might take a few minutes, or it might take a while. It all depends on YOU. However long you have, you have been able to share your time with God. Be thankful!

Firstly - find the time and space at the end of your day. Be Still. Be Present and attentive with God. Then, consider the following headings:

### **What am I GRATEFUL for today?**

*Recall one moment from the past day that you are grateful for. How did you feel? What was Good? Where was God in that (or those) moment(s)?*

*Let go of what is bothering you?*

*What's still on your mind?*

*What's causing you unease, awkwardness or anxiety?*

*Raise those issues to God in prayer now.*

### **Review your day:**

#### **Who am I CHECKING-IN WITH or CONNECTING WITH today?**

*Which person/people/family/friends are you relating to , today. Did you see anyone physically or was all your contact virtual or on the phone? Promise yourself to physically/face to face speak with someone tomorrow (at a safe distance!)*

#### **What expectation of “normal” am I LETTING GO OF today?**

*What was different about how you handled today? Did you learn a new skill to be thankful for? Did you achieve something unexpected? Be thankful. Did you feel less anxious about COVID19? Possibly/possibly not*

**How am I GETTING OUTSIDE today?**

*Did you take any physical exercise? Did you feel the spring sun on your face and the fresh breeze in your hair? Did you see the new lambs? Did you see the new leaves branching out, or blossom blooming? Be thankful. If you couldn't go out? Could you gather flowers or blossom from your garden and bring that inside. Be thankful.*

**How am I MOVING MY BODY today?**

*We need to move to live. How much exercise did you take? How did it make you feel? Go on - you know you should have done that Joe Wicks' PE lesson on line. Promise yourself to do that tomorrow (good luck....).*

**What BEAUTY am I creating, or cultivating, or inviting in today?**

*What is sustainable or sustaining you in these days of trial?  
What friendships can be rekindled, albeit remotely?  
Did you create any art/poetry/prose etc Could you try that?  
What way(s) of being you will continue after this virus has passed - cultivating the new, you?*

**Read John 15 (Jesus the True Vine) – what does that passage mean to you today?**

John 15:1-6

15'I am the true vine, and my Father is the vine-grower. <sup>2</sup>He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes\* to make it bear more fruit. <sup>3</sup>You have already been cleansed\* by the word that I have spoken to you. <sup>4</sup>Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. <sup>5</sup>I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing. <sup>6</sup>Whoever does not abide in me is thrown away like a branch and withers; such branches are gathered, thrown into the fire, and burned.....

## **Talk with God through Prayer**

Prayer your needs, the needs of the world. Talk with Him. Journal/write down your thoughts. They are useful for reflection later- what do we need to be aware of in our relationship with God, let go of or even recognize that the relationship is deepening.

## **Close your Examen with these words of a hymn from Night Prayer (Compline):**

*Before the ending of the day,*

*Creator of the world, we pray  
That you, with steadfast love, would keep  
Your watch around us while we sleep.*

*From evil dreams defend our sight,  
From fears and terrors of the night;  
Tread underfoot our deadly foe  
That we no sinful thought may know.*

*O Father, that we ask be done  
Through Jesus Christ, your only Son;  
And Holy Spirit, by whose breath  
Our souls are raised to life from death.*

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