



# TRULY MADLY DEEPLY Examen Prayer

- **GIVE THANKS**

- “Father, thank You for the gift of this day. Thank You for Your presence, Your provision, and the people You placed around me. Help me to see the goodness I may have overlooked. Even in hard moments, thank You for being with me.”

- **REVIEW THE DAY (EXAMEN)**

- “Lord, as I look back over my day, help me to see it through Your eyes.”
  - Where did I sense Your presence?
  - Where did I follow Your leading or reflect Your love?
  - Where did I resist You, ignore You, or act out of selfishness or fear?
- Pause and reflect on specific moments from your day — both life-giving and life-draining.

- **LOOK AHEAD**

- “Father, as I prepare for tomorrow, give me eyes to see You at work and a heart ready to follow. Guide my steps. Shape my desires. Give me courage to live faithfully, love deeply, and reflect Jesus wherever I go. I surrender the day to come into Your hands.”