

A Bible bookmark EXAMEN

The EXAMEN is a way to help us reflect prayerfully on the events of the day. It comes from the Spiritual Exercises of St Ignatius of Loyola. It helps us notice where God has been present and to discern his direction for us and our lives. Some of us have minds that find it easier to stay focussed in prayer by using other senses. These EXAMEN beads seek to do this by using the senses of sight and touch.

The EXAMEN below is designed to be used with Bible bookmark EXAMEN beads in the evening before going to sleep. The key below serves as a guide on how to use them. These beads have been designed to be placed in your Bible as a bookmark although they can also be attached to a set of keys and carried with you through the day.

Orange bead	Become aware of God's presence with you and of His love for you. Spend some time giving thanks to God for who He is, for all He has done and in gratitude for the day.
Crystal bead	Ask the Holy Spirit to guide you through a review of your day as you reflect on your thoughts and emotions and where have you have noticed God or wandered away.
Six different coloured beads	Use the first coloured bead to reflect on the previous night. Use the other five beads to reflect on your waking day to the present time.
One cross bead ✝	Ask God for His forgiveness of any mistakes or failures that the Holy Spirit reveals.
One pink bead	Consider the next twenty-four hours. Ask God for His grace and guidance as you look towards the coming day.

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