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### The ring finger signifies commitment

- ❖ Do I ever think about the commitment I have to God and to my better self?
- ❖ What commitments do I have to other people? Have I lived up to those commitments?
- ❖ What are the ways, big and small, in which I live out my life as a network of relationships? Have I become better or worse at this over time?
- ❖ How do I treat the people closest to me? Is there something I could do today or tomorrow to renew and strengthen those relationships?

“I will give them a heart to know me,  
that I am the Lord.  
They will be my people,  
and I will be their God,  
and they will return to me  
with all their heart.”

Jeremiah 24:7

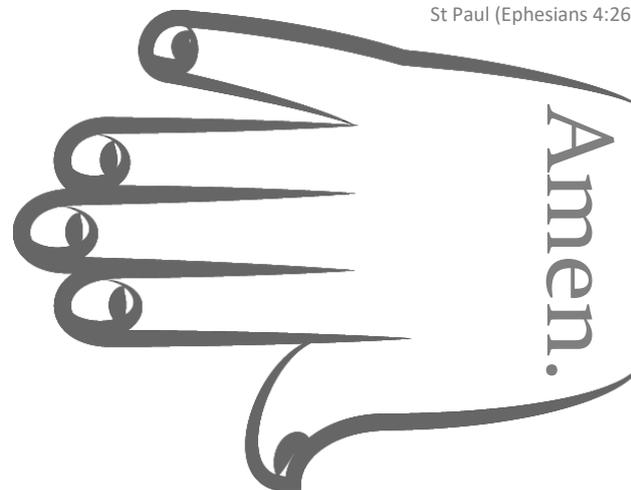
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**The little finger is used for balance**  
(by musicians, artists, rowers, holding a teacup!).

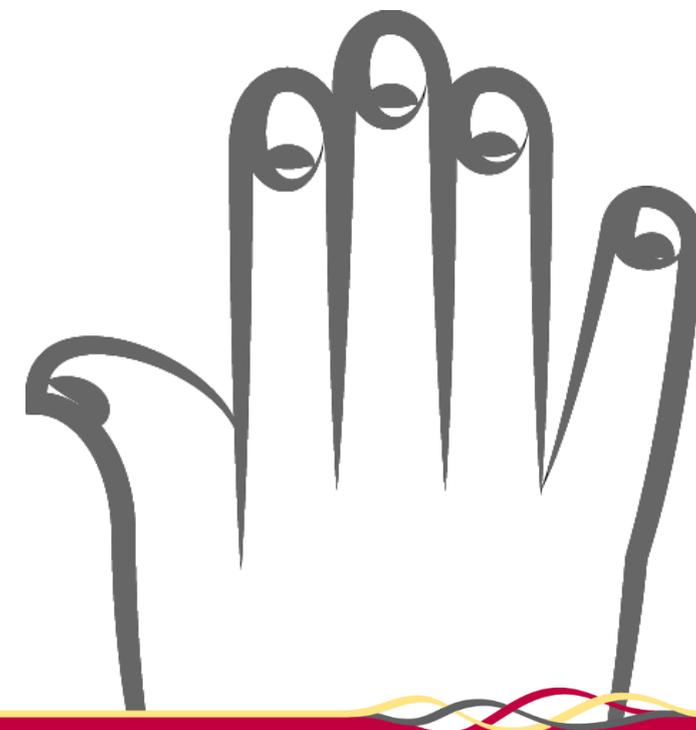
- ❖ Is there anything that I have said or done today, or left unsaid or undone, for which I am sorry?
- ❖ Is there anything in my life that is out of balance? Something that needs adjusting? Is there anything that needs to be fixed or put right which it is in my power to do?
- ❖ What do I need to do or think or say which will make the changes, big and small, to help me be the person God calls me to be?

“Do not let the sun go down on your anger”

St Paul (Ephesians 4:26)



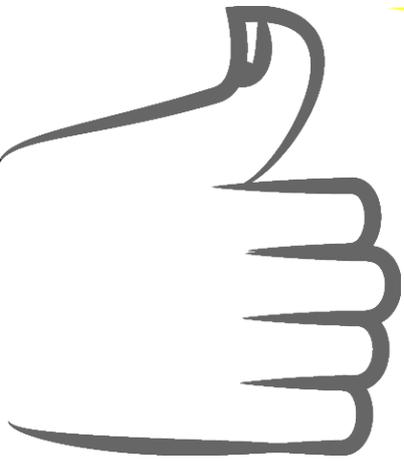
The *Examen* is one of St Ignatius Loyola's *Spiritual Exercises*. Many people have found the *Examen* a helpful way of being more attentive to the presence of God in their daily lives and as a way of making better choices. The use of the hand as a mnemonic for the *Examen* dates back to the 16<sup>th</sup> century.



The Examen  
A way to pray each day

1

GRATITUDE



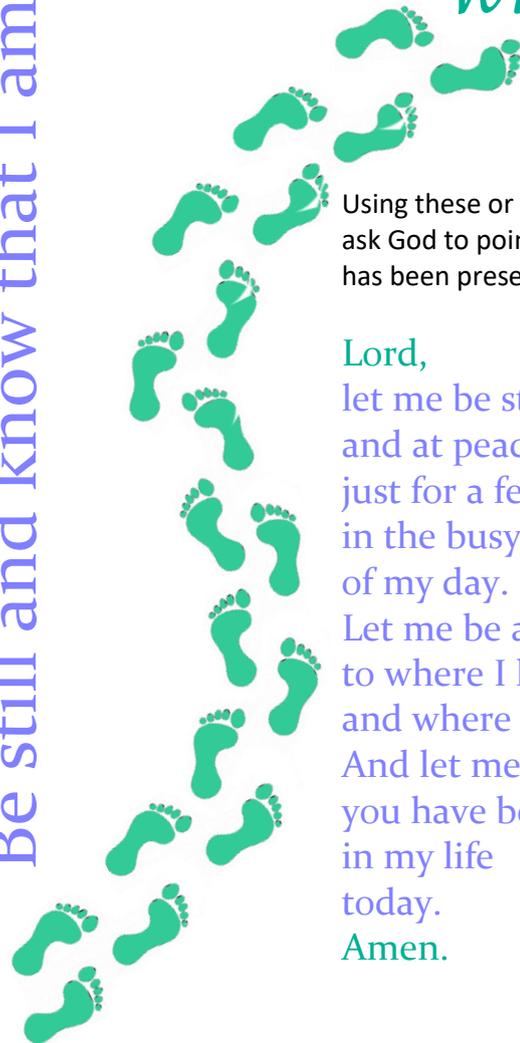
### Thumbs up!

- ❖ What have I to be grateful for?
- ❖ What do I overlook or take for granted but which, if it was lost or altered, would change my whole life?
- ❖ What has added pleasure, enjoyment, excitement, fulfilment, understanding, peace to my life?
- ❖ What have been the unexpected blessings of today?

Be still and know that I am God.



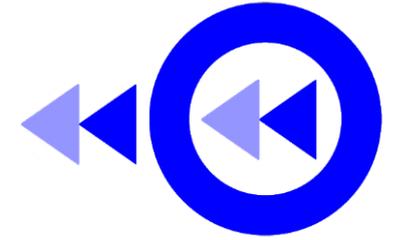
### Where?



Using these or your own words, ask God to point out where he has been present in your day . . .

Lord,  
 let me be still  
 and at peace,  
 just for a few moments,  
 in the busy-ness  
 of my day.  
 Let me be attentive  
 to where I have been  
 and where I am headed.  
 And let me see where  
 you have been present  
 in my life  
 today.  
 Amen.

3



### What stands out?

Rewind the day <<<

- ❖ Looking back on the day, is my attention drawn to anything I did, or said, or felt? What brought me joy? What brought me sorrow? What stands out?
- ❖ Is there anything today that didn't seem significant at the time which seems more important now? Or is there something which seemed big at the time which has become less important now?
- ❖ Is there anything today which made me love more? Hope more? Anything which increased my faith in other people, in myself, or in God?

stands  
what about ?

