Help & Pray.
Every day.

Daily Examen

Fold your hands in prayer.
Be aware that **God** is with you. Remember **Jesus**'s life as an example for you to follow. Ask the **Holy Spirit** to help you see yourself clearly. And as you pray with your hands, remember that you are Jesus's hands in this world.

† **Thumb – Give Thanks**: Thumbs up - what was good today? Thank God for the gifts you received and the opportunities you had to use your gifts to help others.

† **Index finger – Point to Presence**: Just as your finger points, your life also points to what is important. Point down to where you are and think about how God is present with you. When did you see His presence, and when did you ignore it? And point up to heaven. Did your life and actions point to the presence of God?

† **Middle finger – Review your (re)actions**: What stands out, like the middle finger on your hand? What do you remember; what made an impact on you? Why do you remember it? How did you react? Did you notice God with you at the time, or thinking about it now, do you notice how God was with you? Did your reactions reflect God's presence?

† **Ring finger – Responsibility and Service**: Think about your responsibilities, as husbands and wives live in service to each other. Were you able to help someone today? Did you pray for others?

† **Pinky – Promise**: As your pinky is the smallest finger, what is a small change you can make in how you think or act tomorrow to become the person God is calling you to be?

Conclude your prayer with a **Glory Be** to remind yourself that your life is for the glory of God.

Act of Contrition

O my God, I love you above all things.
I am truly sorry for all my sins,
and I thank you for forgiving me.
Help me to stay close to you,
and to remember always your wonderful
laws of love.

Amen

Glory Be

Glory Be to the Father,
and to the Son, and to the Holy Spirit.
As it was in the beginning,
is now, and ever shall be.
World without end.

Amen