

Awareness Examen

Using the Anglican Rosary

The Cross

In the Name of the Father, and the Son, and the Holy Spirit.
Amen.

The Invitatory Bead

Holy Spirit, help me to reflect on the events of the day just past, that I may see your active Presence in it, be grateful of your gifts and blessings, and become aware of what may need to be done tomorrow in the Spirit of Love. In your Name I pray, Amen.

Cruciform 1 Bead

Where was God present in my life today?

Week 1 Beads

Thank you for your Presence in my life today, Dear Father.
(Pause for reflection; Journal your thoughts, if helpful.)

Cruciform 2 Bead

Which events today were most significant for you, whether joyous or troublesome?

Week 2 Beads

Thank you for the life of this day, Dear Father.
(Pause for reflection; Journal your thoughts, if helpful.)

Cruciform 3 Bead

What insights about you did you have today? What did you learn about yourself?

Week 3 Beads

Help me to become more self-aware, Dear Father.
(Pause for reflection; Journal your thoughts, if helpful.)

Cruciform 4 Bead

What insights did you have today about others? What did you learn about them?

Week 4 Beads

Thank you for the people in my life, Dear Father.
(Pause for reflection; Journal your thoughts, if helpful.)

Cruciform 1 Bead

What one area may need more focus for you; may need more prayer; or may need some sort of action?
(Pause for reflection; Journal your thoughts, if helpful.)

The Invitatory Bead

God grant me the Serenity to accept the things I cannot change; Courage to change the things I can; and the wisdom to know the difference;

Living one day at a time; Enjoying one moment at a time;
Accepting hardship as the pathway to peace;

Taking, as He did, this broken world as it is, not as I would have it; Trusting that He will make all things right if I surrender to His will;

That I may be reasonably happy in this life, and supremely happy with Him forever in the next. Amen.

The Cross

Let us bless the Lord. Thanks be to God.