

- Spend 30 seconds reflecting on each of the following prompts.
1. Place yourself in the presence of God asking Him for illumination of your day.
 2. Where did I see God working in my life today?
 3. Where were the times that I slipped up and could have done better living virtuously?
 4. Ask God for true contrition for your sins, to understand the impact on Him and others, and for His help in avoiding sin.

5. Make a resolution on one specific sin that you need to improve on, and to not do again tomorrow, and remember it.
6. Pray the "Act of Contrition"

Oh my God, I am heartily sorry for having offended Thee, and detest all my sins because of Thy just punishment; but most of all because I have offended Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace, to sin no more and to avoid the near occasion of sin. Amen.



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The Guide to the Daily Examen

Very Brief Daily Examen