Examen S.T.R.I.P.

(Adapted firom Patrick J. Russell, Ph.D.: The God Questions: What Forms and

Shapes Us)

1. Settle: Quieting your spirit, take a few minutes to become aware of God's presence.

2. Thank: After briefly bringing them to mind, thank God for the gifts and graces of this day.

1. Recall: Ruminate over the events of your day—your social interactions,
inner thoughts, emotional responses, particular behaviors. Re-experience
your day in your imagination, freely allowing the feelings of these events to
bobble np to your consciousness. Be aware of any movements of consolation
or desolation as yon review your day. Where was God in all this -what was
"of God" and what was "not of God"? Pot another way: where did yon love
well, and where did yon stifle love in yourself or in others?
2. Interact: Talk with God about the grist of this review of your day. Focus
upon die event or pattern- whether one of consolation or desolation - that
tugs most strongly upon your heart of conscience. Thank God for any
insights and, if necessary, ask God's forgiveness for any sins of commission
or omission.

5. Plan: Make specific resolutions for the future: how you will handle a particular situation better in the future, how you will find God in the events on tomorrow's dairy calendar and the persons you will encounter during the course of the next day.