

Examen S.T.R.I.P.

(Adapted from 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.
3. **Recall:** Ruminant 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 bubble up to your consciousness. Be aware of any movements of consolation or desolation as you review your day. Where was God in all this -what was "of God" and what was "not of God"? Put another way: where did you love well, and where did you stifle love in yourself or in others?
4. **Interact:** Talk with God about the gist of this review of your day. Focus upon the 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 diary calendar and the persons you will encounter during the course of the next day.