Process of Examen
Jackie L. Halstead

I. Examen described
   a. It is one way to place God at the center of our lives
      i. It is an exercise in gratitude to God
         1. we praise him for our blessings
         2. we invite him into our struggles
      ii. this can be done alone, but is wonderful to do as community
   b. Consolations and desolations
      i. Consolations –
         1. What brings me life? In what ways have I been blessed? (consolations)
         2. When do I feel most loved?
         3. Do more of whatever “it” is.
      ii. Desolations –
         1. What takes life away from me? What struggles am I facing? (desolations)
         2. When do I feel least loved?
         3. Do less of “it,” or address whatever needs to be addressed.

II. Format
   a. Daily
      i. In evening
         1. Review of day
         2. Last thing on mind is gratitude for how God blesses us and how he is walking with us
         3. Unconscious works through the night
            a. Wake up with God on mind
      ii. In morning
         1. Review of previous day
         2. Sets the tone for the day
   b. Individual
      i. Record in journal
      ii. Review periodically
      iii. Look for patterns
   c. Group
      i. Family
      ii. Friends
      iii. Faith community

III. Practice in community - 15-20 minutes
   a. Groups of 3 (if more than 3, will go over 15 minutes)
   b. Each take a turn saying their consolations and desolations (keep this concise)
   c. Pray for person on right after sharing

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