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An Augustinian Examen

Merrimack College

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AN
AUGUSTINIAN
EXAMEN



*Let me know myself;
let me know You.*

– St. Augustine

GUIDELINES

How to use this examen

Set aside a few moments, ideally at the end of each day.

Read the questions one by one, or skip around to those that speak to you in the moment.

Listen to how you are responding, physically, emotionally, spiritually, and sit with what you hear.

Notice how greater awareness of what you value transforms you as you move through the journey of life...



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THE JOURNEY

Where do I find myself on my journey today?

- + In my relationships with others?
- + With nature and the rest of creation?
- + In becoming the person I want to be?
- + In my relationship with God as I understand God?



GRATITUDE

For what am I grateful today?

- + What needs of mine were met today and by whom?
- + What or who came into my life as a surprise?
- + Who and what did I take for granted?
- + How have I felt and expressed gratitude?



HUMILITY

How was I humbled today?

- + How did I deal with my limitations and disappointments?
- + What did I learn from failure?
- + Did I accept kindness offered to me?
- + Was I willing to ask for help?



COMPASSION

*How did I experience empathy
or compassion today?*

- + For whom did my heart break?
- + Did I run past or over anyone?
- + From whom do I need to ask forgiveness?
- + Whom do I need to forgive?



GENEROSITY

How was I generous today?

- + With my time, my talents, or my money?
- + With my attention, energy, thoughts, and emotions?
- + What did I give away without expecting anything in return?
- + What did I hold onto that I could give away?



LOVE

What did I love today?

- + What was most on my mind and in my heart?
- + How did I put my love into action?
- + Is there someone or something more worthy of my love?
- + How did I receive love today?