

# Daily Examen – Fear or Anxiety

“The unreflected life is no life at all.” (Adapted from Socrates)

“We cannot afford to forget any experience, not even the most painful.” (Dag Hammarskjöld)

The Daily Examen is a spiritual practice developed by Ignatius of Loyola from the 16th Century. It's a prayer process that helps us become more aware of our own hearts, as well as the Spirit's movement in our lives. In bringing our everyday life to Jesus, we give God the opportunity to help us know our hearts better, and to transform our understanding of the meaning and significance of our experiences.

This Daily Examen will specifically focus on noticing moments when fear or anxiety shows up in your daily life. If you would like to do an Examen on another topic or watch a video guide, please check out [epicentre.org/resources](http://epicentre.org/resources).

## Daily Examen Steps:

Before you begin, choose whether you will focus on fear or anxiety for this Examen.

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”(Galatians 5:1)

1. Quiet down and become aware of God's presence.
2. Ask for the gift of light and understanding as you review your day.
3. Review your day and ask God to show you moments when He has shown you His love and presence with you. Give thanks for those moments.
4. Review your day and ask God to show you moments when fear or anxiety gripped your heart or occupied your mind. Pause at each moment He shows you and ask Him to help you dig deeper into your heart and to give you understanding of what the root cause is behind the fear or anxiety. Ask for forgiveness or healing, if applicable. Don't try to search for all the possible moments you experienced fears or anxiety, only what the Spirit brings up with you.
5. Think ahead to tomorrow and identify situations or interactions you will have that may make you feel fearful or anxious. Ask for help to walk in freedom without fear or anxiety in those times, based on the understanding God gave you in the last step. This help you request will become the focus of your next day's Examen.

The Daily Examen is meant to be a short 10-15 minutes prayer exercise and something you can do before you retire for the night. The consistent reflection of your daily life overtime will birth a deeper sense of peace inside you and also nurture a more discerning heart for God's presence in your life.