



Morning Examen

As you begin your day, notice how you are feeling, offer gratitude to God for being present with you, and scan your day ahead.

Hold the following wonderings as you watch for and welcome Christ today:

What am I curious about?

Who do I need to listen to?

Inhale:

Spirit, give me curiosity.

Exhale:

Christ, give me courage.



The Episcopal Diocese
of Spokane

Evening Examen

As you end your day, notice how you are feeling, offer gratitude to God for being with you, and scan the day behind you.

Hold the following wonderings as you reflect on where you recognized and welcomed Christ:

What piqued my curiosity?

Who surprised me?

Inhale:

God, make me vulnerable.

Exhale:

Open me to change.

Diocesan Prayer

Creator of all, you speak life into being and call us into holy community. Open our ears to listen, enliven our curiosity to learn, and hasten our courage to respond. Teach us how to listen and love as you do, joining with all of creation as we proclaim and embody your Good News in all that we undertake. May the Spirit's breath empower us to live these words we pray, through Jesus Christ our Lord. Amen.



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