

The Examen

Look back at what you did during the past day.

Were you at school or at home with your family?

Think of a moment that made you happy today.
It could be a kind word or action that someone gave you.

Did you make someone feel good or happy?

Say thank you to God.

Think of a moment that made you sad today.

Did you do or say something
that might have hurt someone?

Say sorry to God.

Pause for a moment and think of your families, your
friends, your teachers and staff in school.

Thank you Jesus,
for helping me to be joyful in hope,
to be patient when I'm sad,
and remind me always to pray.

Amen.