



CHRISTIAN LIFE COMMUNITY

## A Daily Awareness Examen

### *Thanksgiving*

I trace my experience as I  
move through my day

### *Insight*

I seek to be open to the Spirit  
beyond myself

### *Pondering*

In particular I am aware of the  
feelings that arise

### *Noticing*

This needs attention ...

### *Tomorrow*

My desire for others ...  
for myself ...  
I ask the guidance of the Spirit.

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This is a time to wait on  
God in the silence.

'Be still and know that I am God'

*Psalm 46:10*

'Prayer is not asking.  
It is a longing of the soul.  
It is a daily admission of  
one's weakness.

It is better in prayer  
to have a heart without words  
than words without a heart'.

*Mahatma Gandhi*

The World Christian Life Community  
is a lay Ignatian association.  
In the spirit of St Ignatius of Loyola,  
Christian Life Community  
seeks to find God in all things

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