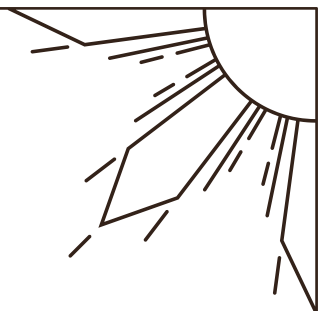




# The Daily Examen

- Be still
  - Become aware of God's presence
- Practice gratitude
  - Give thanks for today's blessings
- Reflect
  - Become aware of the state of your heart and reflect upon your actions
- Ask for Guidance
  - Allow the Holy Spirit to direct your thoughts on the day
- Hope
  - Look forward to what is to come





## A Prayer of Thanksgiving

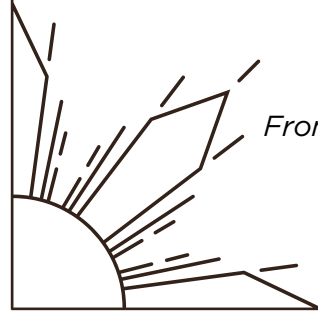
Accept, O Lord, our thanks and praise  
for all that you have done for us.

We thank you for the splendor of the whole creation,  
for the beauty of this world,  
for the wonder of life,  
and for the mystery of love.

Grant us the gift of your Spirit,  
that we may know Christ and make him known;  
and through him, at all times and in all places,  
may give thanks to you in all things.

*Amen.*

*From The Book of Common Prayer*



**ASBURY**  
UNITED METHODIST CHURCH