

The Great Examen

SECTION 1

1. What are the most important events that have happened to me or in me this past year?
2. What are the greatest breakthroughs in any category of my life this year? (Physical, emotional, relational, vocational, spiritually, with other people)
3. What has been my greatest struggle in my life this past year?
4. What has been my greatest and deepest loss this past year?
5. What has been the area that has consumed my thinking, attention, and focus this past year?
6. Where have I felt most vulnerable in my life? (What area of my life do I feel most susceptible and exposed)
7. Where have I most experienced the presence of God this past year and why?

8. In the past 12 months, where have I experienced the greatest sense of CONSOLATION (peace, happiness, contentment, shalom, serenity, beauty)

9. In the past 12 months, what area of my life has given me the most DESOLATION (preoccupation, distress, sadness, depression, anxiety, fear, brutality)?

10. What ONE word would tend to sum up this past year?

SECTION 2 • 5 Categories of My Life

#1 - My Physical Health

1. List 5 words that describe my physical condition and well-being this past year
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2. How many hours of sleep can I honestly say I get each night?

3. What choices have you given attention to regarding your health this past year?

4. What specific goals do you want to achieve in the future 12 months?

#2 - My Emotional Health

1. List 5 feelings that you believe had dominated your life this year... positive or negative
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2. What were you doing, who were you doing it with, where were you physically when you believe you were the happiest this year?
3. What area of your life gives you the greatest sense of internal stress?
4. How do you feel about your emotional well-being this past year?

#3 - My Vocational Health

1. List 5 words to describe your job/vocation/career.
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2. Describe your vocational journey.
3. Does your job bring contentment and satisfaction? Why or why not?

#4 - My Relational Health

1. List the life-giving people in my life this year.
2. What is the letter grade to my overall sense of community?

#5 - My Spiritual Health

1. List 5 words to describe your spiritual health.
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2. How would I describe my prayer life this past year?
3. How do you feel you have worshipped this past year?
4. How do you feel about your church experience?
5. What feels lacking to you in terms of your relationship with God?

6. How has your image of God changed or matured this past year?

7. List 5 words that characterize my image of God.

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8. How has my relationship with God been challenged this year?

9. What are the three most important spiritual take-aways I don't want to forget?

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10. What is my deepest spiritual struggle/lament?

11. Who are the people I feel most spiritually connected to?

12. Write a prayer to God thanking him for this past year... for the good and the bad.

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