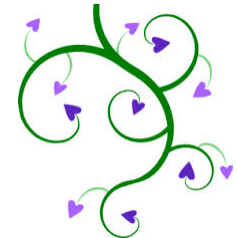


## CHS Examen Steps



### “I am the Vine; You are the Branches”

**Definition of “Graft:”** *To join two living things together; to join or unite two living things closely. Our Examen will be the wonderful daily opportunity for each of us to be Grafted more and more into the Body of Christ, to become one with Him by hearing Him speak to us and show us how to grow, more and more, into His image.*

1—**GRATITUDE**—Be **grateful** to God for all the blessings we have received and ask yourself "for what am I most grateful today?"

2—**REVIEW**—Look at my life for the past day...How has God been present? **Run** through the day from start to finish and look for what has made me happy, stressed, what confused me, what made me more loving? I **replay** the day like a movie, act by act. I work to remember all that has taken place and how I responded, thought, acted, spoke, etc.

3—**AWARENESS**--I work to become **aware** and take responsibility for the good, the bad and the in-between...what I have done or not done, rejoicing in the good and recognizing the mistakes or bad decisions. I do not *blame* circumstances, upbringing, others, or myself. I trust that God is with me when I fail and when I succeed. I strive to become fully **AWARE** of my patterns of behavior and especially of any inadequate responses to God's love.

4—**FORGIVENESS**—I ask the Lord to **forgive** me for the ways in which I did not respond to His love as fully as I could. I remember that God is with me in my successes and my failures and that He forgives everything!

5—**TALK TO GOD**--I look forward in hope and I **talk** to Jesus, asking and listening, in hopes of determining what I should do now and what I should avoid. Knowing that Jesus' love is ever near I see what I can do to love God better, appreciate what Jesus Christ is doing in me, and be mindful of where the Spirit is leading me. I talk to Jesus, knowing that, in union with Him, I may continue to grow nearer to God and become more and more the person I was created to be.