

THE FRESHMAN SURVIVAL GUIDE

COMPLETELY
REVISED AND
UPDATED

Everyone's Examen

1. Take a moment to be still. As you breathe become aware of the greatness of creation, of life, breath, beauty, friendship, learning, and take time to be grateful to God.
2. Be aware of being pulled in different directions, that there are some forces in the world and in your own life that bring you closer to God and others that move you further away. Take a moment to consider that tension.
3. Next consider specifically, 'How has that played out in this period in my life?' Where have you been lead closer to God (the good) and where have you moved further away (the bad) in the last few hours, days or weeks?
4. Then think about the question 'How do I reinforce the good and turn away from the bad?' What specific practical steps can you take to move toward goodness?

The last step is an affirmation of what you've decided. Put these specific steps you've chosen back in the larger context, commit yourself to doing the things you need to do, be aware that you are not alone in this effort, you are working with God.

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