

CALEB EVENING  
EXAMEN



The New Caleb Liturgy  
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# HOW TO USE AN EXAMEN

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*Try to make a few moment's space towards the end of the day to quietly sit before the Lord and carefully and reflectively ask yourself the Examen questions.*

This simple daily exercise helps us as follows:

- It begins to sharpen our senses to be intentionally open and aware of the Lord speaking to us. It might be in ways that are different to what we had expected.
- We might begin to recognise a pattern in how, where, and when the Lord engages with us. In which case we might put ourselves into that place of communication more frequently.
- It helps cement our memory and response towards whatever the Lord might wish to say.
- Our confidence and faith grow; 'He speaks to me'.

# CALEB EVENING EXAMEN

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- Have you sensed the Lord showing or saying anything to you today?

(It might have been through His word, through other people, nature, music, etc.)

- Where were you when that happened?
- What time was it, and what were you doing?
- What makes you think it was God?
- What did He say or reveal?
- How are you responding?
- Give thanks.

ROY GODWIN  
MINISTRIES

*Further resources are available from*

[roygodwin.org](http://roygodwin.org)