

quarant**things**

an examen



Materials you'll need



01

Your favorite
snack/drink

02

Journal

03

Pen





Preparation



01

Log in to the social media app that you use most.

Choose one:

- FB
- Messenger
- Instagram
- Twitter





Preparation

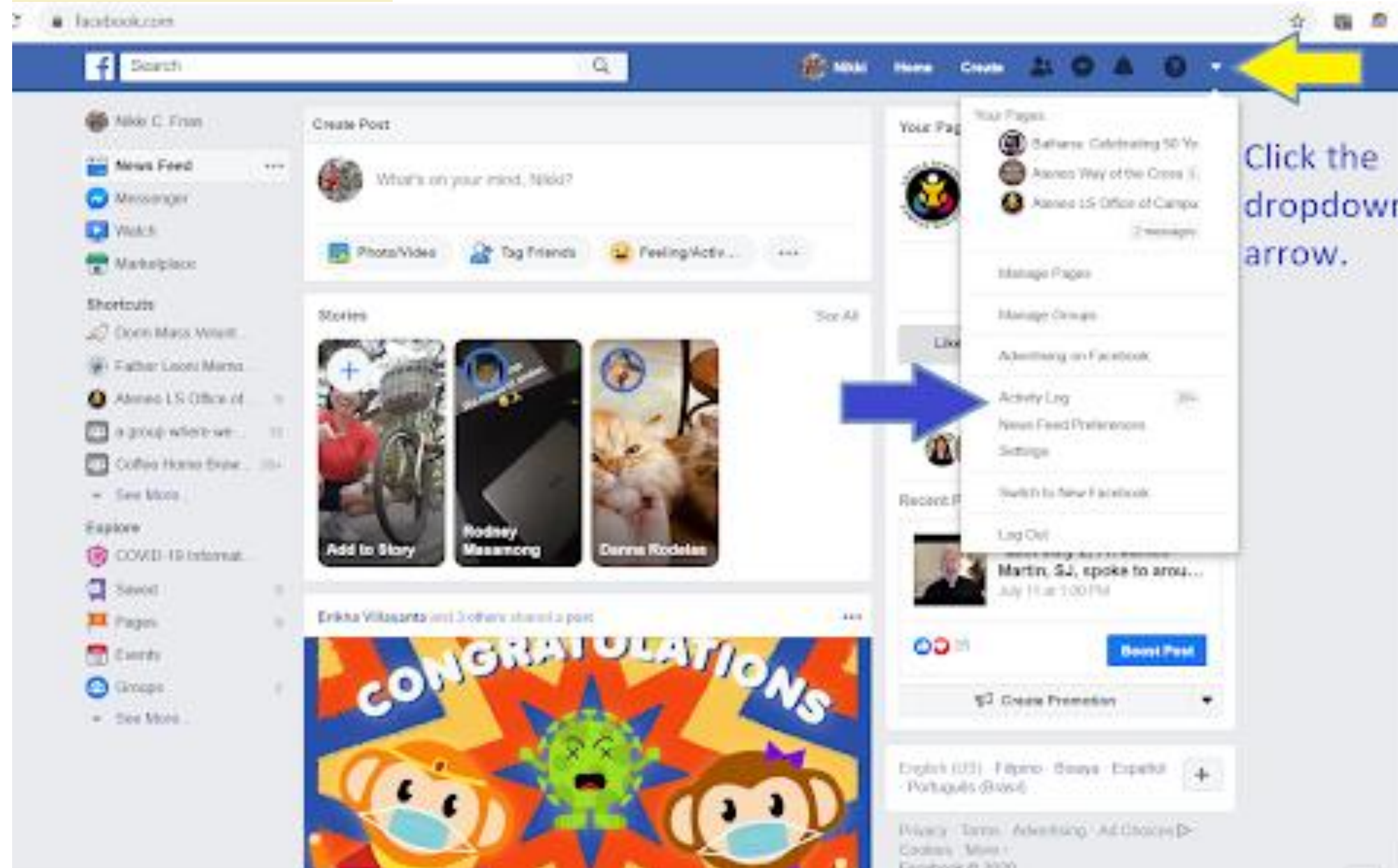
02

**Open your Activity Log.
Have that open & ready.**

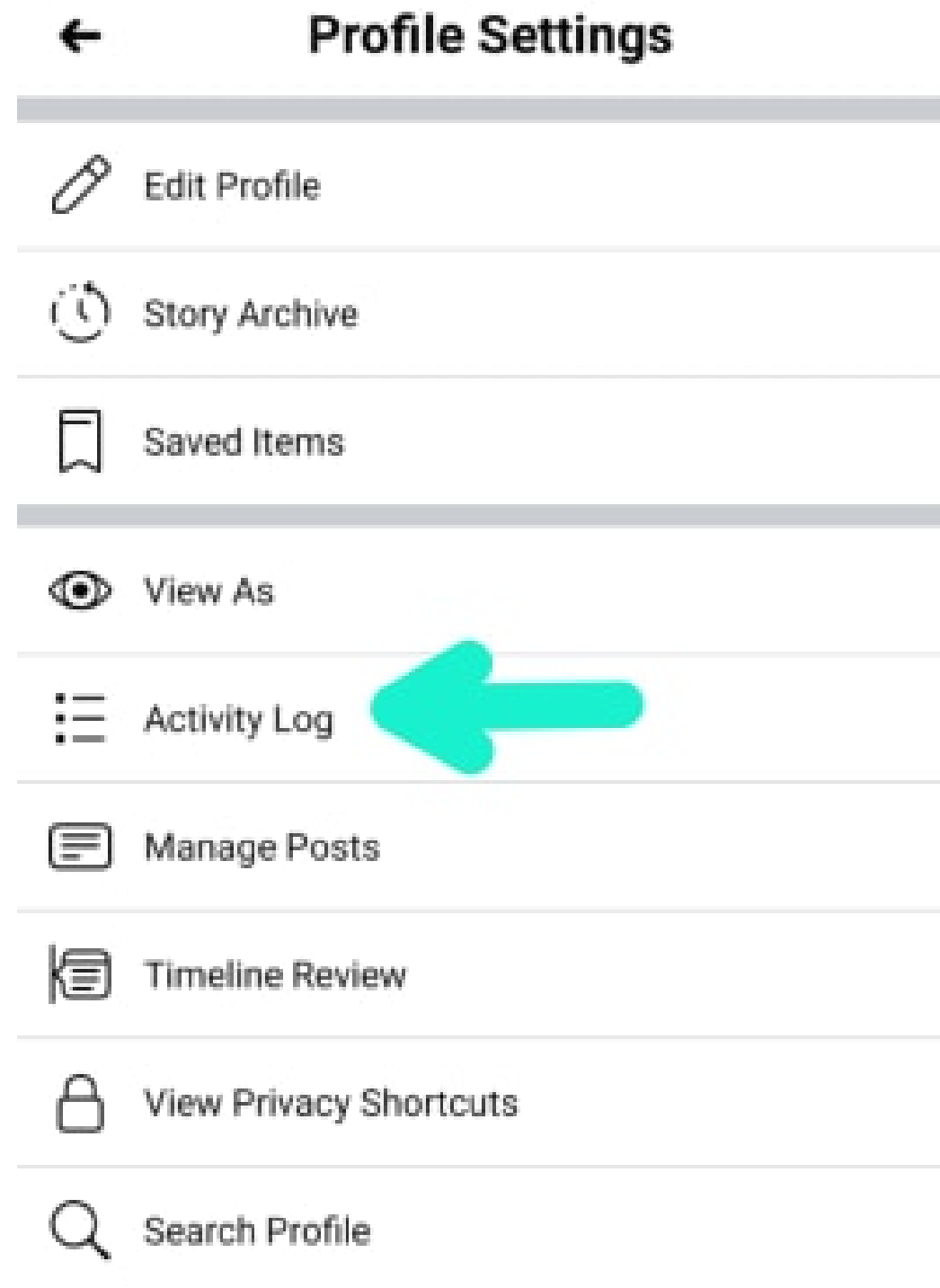
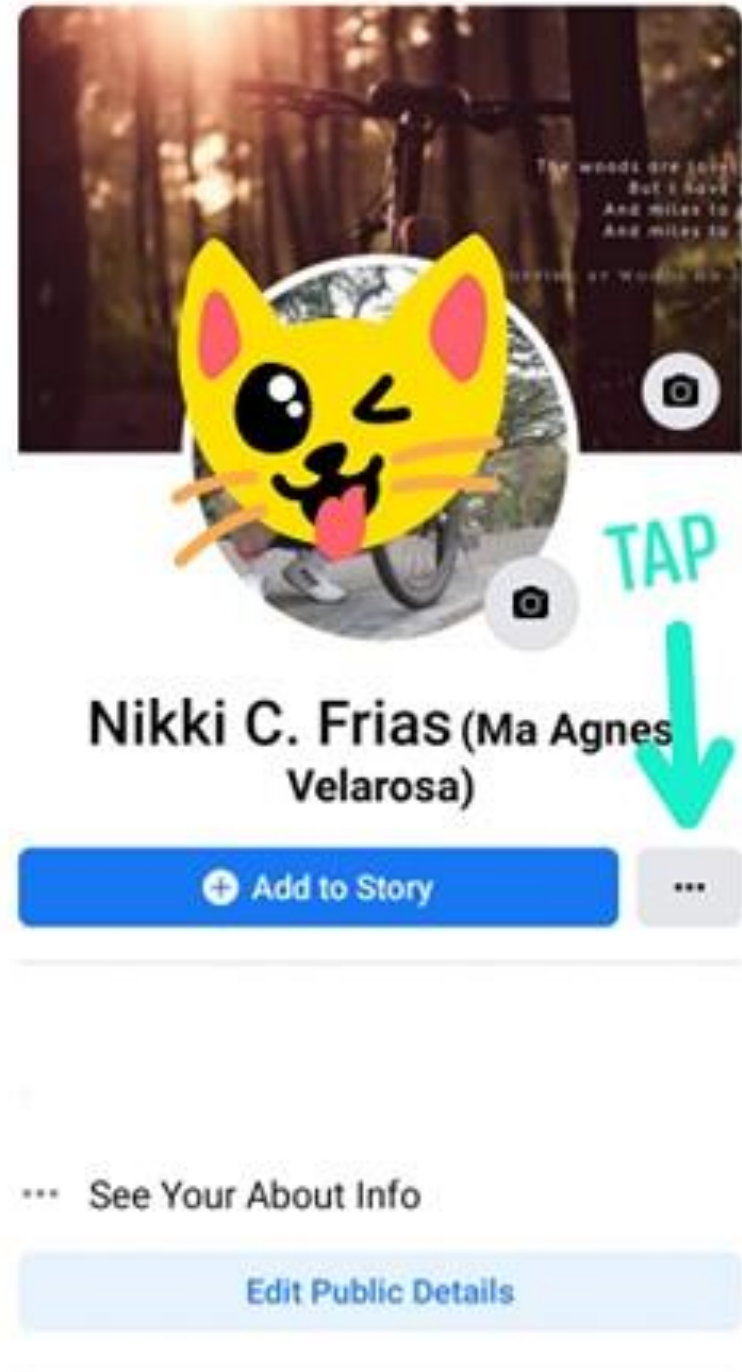
(Not applicable on Messenger.)



If you're using Facebook on your laptop:



If you're using Facebook on your phone:



Iniiibig

Tula ni Rofel Brion

Iniiibig mo ako
sa bawat siyap ng pipit
at tilaok ng sasabungin
na sumasaliw sa dampi
ng bukang-liwayway
sa mga dahon ng sampalok
na pinaiimbay ng hihip
ng amihan.




prayer

At mamayang magtatapatan
ang namamaalam na araw
at paparating na buwan,
ipapagunita ng pagbabahag-hari
ng langit at mga ulap
habang inaawitan ng mga kuliglig
na iniibig mo ako.




prayer



The image features five horizontal, wavy lines in a light beige or tan color, positioned on the left side of the page. These lines are of varying lengths and curves, creating a decorative border.

**the Daily Examen is a technique of
prayerful reflection on the events of the
day in order to be aware of God's
presence**





**to sense the small and simple
parts of our life we can be
grateful for**





**to appreciate ourselves
as we are**





... we are loved
no matter what.





Bring your food to your preferred personal space.





**Take five deep breaths and open yourself
to God's presence.**





**You nourish us with daily bread.
Lord, give us the grace
to be most aware of your presence.**



Hold the food or drink you have with you.



The image features a central text block surrounded by decorative elements. There are four wavy, light-brown lines that curve upwards and then downwards, framing the text. The text itself is in a bold, black, sans-serif font.

Just let it rest inside your mouth.





Name it.

Stay with what you are tasting right now.



Taste the liquid.



Chew the food s l o w l y.



What does it taste like?
What's happening to you now?





**Enjoy and savor. Let the flavor and taste help you
become most mindful of the present moment.**





Take in the space you are in your house.



Where are you?



What are the things nearest you?



Things on the wall?





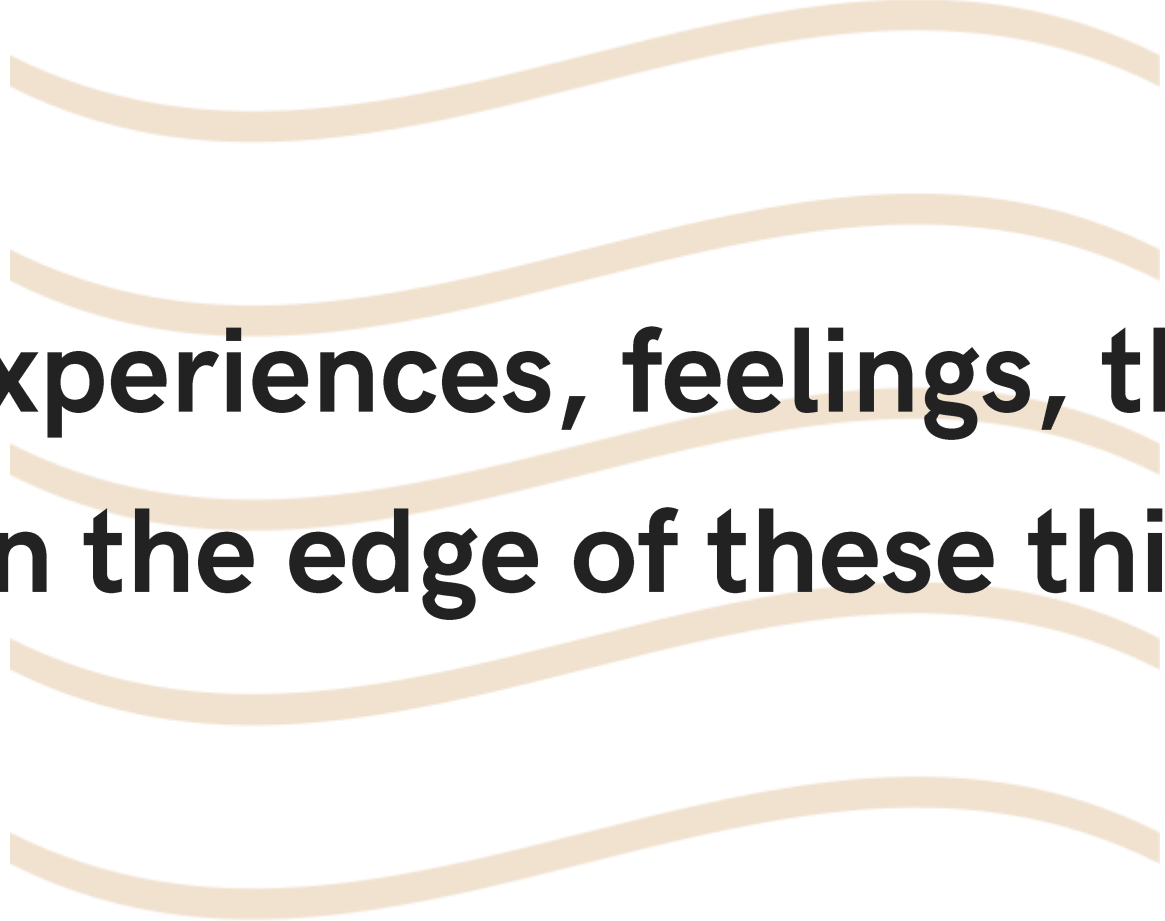
Take your time looking.

Notice details you never quite see on a regular basis.

"Memories were waiting at the edges of things, beckoning to me."

-Neil Gaiman, *The Ocean at the End of the Lane*





**What experiences, feelings, thoughts
sit on the edge of these things?**



**How have these things been part
of your quarantine life?**



**Allow yourself to feel grateful
for these little gifts.**



**Say thank you for the possibility of having them,
for Someone making them.**



OPEN THE APP THAT YOU HAVE ALREADY SET.

*With a loving and prayerful gaze,
take a look at how you have been spending your time online.*

- 01** What have I been liking? Reacting to?
- 02** What have I been sharing?
- 03** Who have I been talking to the most?
- 04** What have our conversations been about?
- 05** What are the high points? Low points?



The text is centered and framed by five horizontal, wavy, light-brown lines that create a sense of depth and focus.

**How do I feel about the quality of my online presence?
My online relationships?**



How has God been present?



**Speak to God freely about anything that moves you
or has been troubling you.**



The text is centered and framed by five horizontal, wavy, light-brown lines that create a subtle border around the message.

If at any point you become distracted, gently draw your attention back to the space you are in at home.





**We say sorry for the instances we have misused
God's gifts to us.**





We look forward to the next day with hope.

What do you hope for?

List them down on your journal.



- 01** Open your calendar or planner and focus on the next few moments and hours.
- 02** Add a dose of hope to your schedule.
- 03** Be simple.



Our Father, Who art in heaven,
Hallowed be Thy name. Thy kingdom come,
Thy will be done, on earth as it is in Heaven.

Give us this day our daily bread
and forgive us our trespasses,
as we forgive those who trespass against us.

And lead us not into temptation,
but deliver us from evil.

Amen.



SHARING

- 01** How did God speak to me throughout the session today?
While doing the examen, is there any dominant idea which surfaced?
- 02** Did I discover something which challenges my sense of gratitude and bars me from connecting with my true self?
- 03** Where do I feel God is leading me during this challenging time?



