

# EXAMEN

Be Still.

Breathe deeply.

If you'd like to, invite God to be with you.

Think back over the WOWs and OWs of this week. Think of all the things that you are thankful for. If you'd like to, thank God.

Spend a moment noticing the different emotions you have felt this week.

If you'd like to, tell God about how you have felt in the good time and the difficult times. You may like to thank God or ask for forgiveness or help as things come to mind.

Think about the week ahead.

If you'd like to, ask God to give you hope in the week ahead and to help you to trust in him.