

# NIGHTLY EXAMEN FOR KIDS

## What is a nightly examen?

We want to grow closer to Jesus each day. When you do a nightly examen, you spend time with Jesus and think about your day with him at your side. You think about the moments that went well, the times you made mistakes, and the ways you can keep inviting Jesus into your life.

**Step 1: Make the Sign of the Cross.**

**Step 2: Pray, “God, you have been with me all day long, from when I woke up to right now. Help me to remember my day so I can bring it to you.”**

**Step 3: Think about three things you are thankful for and tell God “thank you.”**

**Step 4: Think about what happened today.**

- Did I listen to my parents today?
- Did I pray today?
- Did I use kind words?
- Did I help someone today?
- When did I love someone?
- When did I feel happy today?
- When did I feel sad?
- When did I feel angry?
- What was the best part of the day?
- What was the worst part of the day?
- What else do I want to tell Jesus about today?

**Step 5: Say to Jesus:**

“I give you all the happy things and the sad things from today. I know you’re proud of me. I’m sorry for my mistakes. Help me love you, my friends, my teachers, and my family even better tomorrow.” Amen.

**Step 6: Make the Sign of the Cross.**

