

Praying the Examen as a Couple (about 10 minutes)

(adapted from the Closing Prayer in Holy Trinity's Marriage Preparation class)

To begin, you and your partner should find a quiet place, free from distractions. Quiet and center yourself in whatever space you have created. Imagine you are in God's presence and God is looking at you and your partner ... and smiling. [\[Pause 15 seconds for silent reflection.\]](#)

FIRST: Ask God to open your minds and hearts. You want to see your day and your partner's day through God's eyes and with God's heart. [\[Pause 15 seconds for silent reflection.\]](#)

Everything you and your partner have: your families, education, personalities, faith and values are gifts from our Loving and Gracious God. Express your gratitude to God for one gift you cherish. [\[Pause 15 seconds for silent reflection.\]](#)

SECOND: Turn to your partner and share one gift for which you are grateful. Once you have each shared, return to a moment of quiet reflection.

Allow the moments you spent with your partner and the relationships you encountered during the day pass by your awareness as if you were watching a movie. When did you feel loved? When did you show your love? For those moments, express your gratitude to God. [\[Pause 15 seconds for silent reflection.\]](#)

THIRD: Turn to your partner and share one moment when you were loved or when you loved another. Once you have each shared, return to a moment of quiet reflection.

Were there moments today when you weren't the person you want to be, or know you can be? Ask God for the help you need to become the person God created you to be. [\[Pause 15 seconds for silent reflection.\]](#)

FOURTH: Turn to your partner and share one moment when you weren't the person you want to be. Once you have each shared, return to a moment of quiet reflection.

Finally, think about what you are looking forward to. Ask God to be with you and bless those individuals whom you are holding in your heart. [\[Pause 1 minute for silent reflection.\]](#)

FIFTH: Turn to your partner and share with him or her what you are looking forward to ... where you want God to companion you.

Conclude by holding your partner's hands and saying The Our Father.