Duke | CLERGY HEALTH COLLABORATIVE

THE DAILY EXAMEN FOR STRESS MANAGEMENT AND SPIRITUAL WELL-BEING

The *Selah* Stress Management Trial, a three-year research study conducted by the Duke Clergy Health Collaborative, identified scalable, low-cost interventions that support pastors in managing the challenges of ministry.

The Daily Examen is a method of prayerful reflection on the events of the day in order to see where God has been present and to discern God's current direction for you.

The Daily Examen is a simple but powerful prayer practiced regularly (often daily!) by Jesuit clergy for over 500 years. It takes only 10-15 minutes and can be used to reflect on positive emotions, move past negative emotions, and align your work with God's work.

PARTICIPANTS:

- Experienced improvements with an average of 12-15 minutes per day.
- Improved anxiety symptoms by 31% at 6 months.
- Improved spiritual well-being by 15% at 6 months.

The Duke Clergy Health Collaborative translates original research into shared resources that help United Methodist clergy in North Carolina—and beyond—serve well and be well at the same time.

PRACTICE THE EXAMEN

BECOME AWARE OF GOD'S PRESENCE
Thank God for the day and ask for the company of the Holy Spirit.

REVIEW THE DAY WITH GRATITUDE
Walk through the past 24 hours, recalling two to three things for which you are grateful.

PAY ATTENTION TO YOUR EMOTIONS
Reflect on the feelings you experienced during the day. With the guidance of the Holy Spirit, pray through these emotions, noticing which are drawing you closer to God or pulling you away from God.

CHOOSE ONE FEATURE OF THE DAY AND PRAY FROM IT
Talk with God about what emotion or event is standing out for you. If needed, ask for forgiveness.

LOOK TOWARD TOMORROW
What is the one thing you should do? Where do you need God's assistance?

Close your prayer by praying the Lord's Prayer or with a simple gesture of gratitude.

Citation: ignatianspirituality.com/ignatian-prayer/the-examen/

Every day is an opportunity to be fully awake and present to the movements of the Holy Spirit. But often we are passively carried down river by all the unacknowledged thoughts and emotions that flow through us on a daily basis. We are influenced in various directions without even realizing it, distracted by a hyperactive world or numbing tasks. Staying awake requires noticing and reflecting.

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