



A PARENT'S EXAMEN



I invite the Holy Spirit to help me recall my day through the eyes of my child.

When I woke them up this morning (or when they woke me up) what expression did they see on my face? What message did they hear through my body language?

As they got dressed and ready for the day, how much did I do for them and how much did I let them do for themselves?

Was I patient enough to let them try "all by themselves" even if it slowed us down?



Throughout the day or after school (if they are in school) - did I listen to their questions and their stories with both my ears and my heart?

Did I ask them about their day? Their highs and lows? Did I press them to say more than "fine", let them be if that's all they could offer, or listen when they told me more?

Did I think about them when I posted about them on social media? Did I ask myself, what would this look like to them as a memory? Did I honor them and protect them with my words and pictures?



How did they witness me act towards others today? Did I use my words for good? Did I treat others well? Did I treat myself well?

Did I celebrate them when they did something well? Did I tell them when I did something worth celebrating?

Did I celebrate them for just being them?



Did I let them see me make mistakes? Did they see me treat myself well when I did?

Did I need forgiveness from them today? Did I allow them to witness me ask for and receive forgiveness from them or others?

Did they see me pray today? Did they hear me mention God? Do they know what God means to me?

When I put them to bed tonight, did I take the time to remember to do the full bedtime routine, even if I was tired?

Did I read them a book or let them read to me?



Did I remind them how much they are loved by me and by God before they drifted off to sleep?

I consider the answers to these questions, and I bring them to God in prayer.

I ask God for forgiveness for the answers that were not what I wanted them to be. I thank God for the answers that were and the fruits of whatever amount of time I spent with my children today.

I pray for each of them individually, gazing at their faces in my mind, grateful for their individuality, grateful for their presence in my life.

I ask God to grace each of them tomorrow.

*Lord, as I end this Examen,
I remember that you are always with me,
staring back at me through their eyes,
interacting with me through their actions,
loving me through their beautiful presence in my life.
Amen*

