

Daily Rhythm: Living the Liturgical Life Daily Examen

Morning (Awakening Rite): Initiate as Mass begins.

Evening Examen (Dismissal Review): Hour-by-hour, Assess Fidelity to the Liturgy of the Catholic Mass being exemplified in your life. Mark (✓ or -) for life's liturgical unity this day. Journal ties to contrition.

TODAY'S DATE: _____

Mass Movement	Modeling Action	Evening Review Prompt: "How did this purify my heart today?"	Tracker
<p>1. Silence (Introductory Quietude) Wake in hush: No phone/news. Breathe, still worldly noise.</p>	<p>Sit/stand 2-5 min silently. Offer day: "Speak, Lord" (1 Sam 3:9).</p>	<p>Did silence expose clutter (senses/imagination/heart)? Recall isolations tempting disordered desires. Confess: <i>Mea culpa</i>.</p>	
<p>2. Sign of the Cross (Trinitarian Seal) Trace Cross: "In the name..." Claim victory over sin.</p>	<p>Renew Baptismal identity. Invoke protection vs. lies/delectation.</p>	<p>How did it reorient from self to Trinity? Note temptations ignored/embraced.</p>	
<p>3. Acts of Contrition (Rite of Penance/Confiteor/Kyrie) Strike breast: Confess venials/mortals; beg Mary/saints' prayers; "Lord, have mercy." Pray the Gloria when not in Advent or Lent.</p>	<p>Pray the Act of Contrition. List 1-3 sins; resolve to amend.</p>	<p>Which sins (mortal: grave rupture; venial: weakening) arose? How did mercy soften stone heart?</p>	
<p>4. Hearing Scriptures (Liturgy of the Word) Listen as God speaks: Listen to or read the daily readings.</p>	<p>Proclaim aloud; ponder like disciples on the Emmaus road.</p>	<p>Did Word pierce (Hebrews 4:12)? What "heart condition" resisted? Link to contrition.</p>	
<p>5. Homily/Meditation (Application) Reflect on readings: Today's saint/season tie-in.</p>	<p>Journal: "What must I amend?" (e.g., Lenten retreat theme).</p>	<p>How did it convict? Apply to family/work: Contrition in action?</p>	
<p>6. Creed & Prayers for Family/Community (Profession of Faith/Prayers of Faithful) Nicene Constantinople or Apostles Creed; intercede universally.</p>	<p>Recite Creed; name needs (self/family/parish/world).</p>	<p>Did faith/profession combat isolation? Lies exposed in communal prayer?</p>	

Mass Movement	Modeling Action	Evening Review Prompt: "How did this purify my heart today?"	Tracker
7. Sursum Corda, Our Father, Agnus Dei (Eucharistic Prayer Prep) "Lift up your hearts!" → Pater Noster → "Lamb of God."	Pray: Hearts up! Daily bread/forgive/temptation; mercy plea.	How did it elevate from earth to heaven? Delectations rejected?	
8. Communion (Sacred Abiding) Spiritual communion or praying Rosary or a Litany: 10-15 minutes with Christ before the Crucifix.	Adore: "Soul of Christ, sanctify me." Rest in a pure heart.	Union or distraction? Contrition deepened intimacy?	
9. Ite, Missa Est (Dismissal Mission) "Go in peace, glorifying the Lord." Begin the day/work as apostles.	Bless self/others; act mercy (visit, forgive).	Sent fruitfully? Or relapsed? Evening: Total review.	

Evening Full Examen: Psalm 51 Integration

- Silence:** Return to quiet. Thanks for the grace.
- Review Table:** Tally ✓ Patterns? (e.g., failures in contrition steps).
- Contrition:** Pray Psalm 51 excerpt + Act: > Create in me a **clean heart**, O God... A **broken and contrite heart** you will not despise. (Psalm 51:10,17)
- Resolve:** One amendment (e.g., "More silence vs. isolation").
- Dismissal:** *Ite, Missa est* – Sleep in peace.

Your Defect Focus (Holy Contrition): _____ **Daily Total:** Graces: _____ / **Failures:** _____

Journal: Heart Purified?

Closing: Fruits of Liturgical Living

This **Mass-Examen** pedagogically instills contrition: Each rite prunes, orients, fills—like Confiteor to Collect. Mortal sins confessed sacramentally; venials daily crushed. Tomorrow: **Holy Reception**.

Prayer: *O God, have mercy... Create a clean heart in me. Through Christ, in silence and Mass, Amen.*

The Liturgical Life Daily Examen outlines a structured daily rhythm for living a liturgical life through a morning awakening rite and an evening examen, modeled on the Catholic Mass. It guides the practitioner through a series of spiritual actions and reflections designed to cultivate contrition and grace throughout the day.

- **Morning Awakening Rite:** The morning routine begins with silence and quietude, inviting one to offer the day to God, followed by the Sign of the Cross to renew baptismal identity and claim victory over sin. It continues with acts of contrition, scripture hearing, meditation on readings, profession of faith, prayers, preparation for Eucharistic prayer, spiritual communion, and ends with a dismissal mission to live out mercy and peace during the day. Each step encourages reflection on temptations, sins, and grace received.
- **Evening Full Examen:** At day's end, the practitioner returns to silence to review the day's graces and failures, especially focusing on contrition through Psalm 51. This review includes tallying successes and shortcomings, praying for a clean and contrite heart, resolving one amendment for growth, and concluding with peaceful dismissal.
- **Spiritual Fruits and Pedagogy:** The practice integrates the Catholic Mass and examen pedagogically to instill contrition, pruning venial sins daily, and addressing mortal sins sacramentally. It emphasizes purification of the heart and readiness for holy reception, supported by prayer for mercy and a clean heart. The document also encourages journaling to track progress and purification.