

From St. Ignatius, the Examen is a 500 year old guide for a reflective prayer that helps pause and realize more of God's presence in our everyday lives.

Praying the EXAMEN

1. Ask God for His light to shine on your thoughts.

We want to invite God into this reflection time, to see it with God's eyes, not just our own.

2. Give thanks

Think of 1 or 2 small or big things you are grateful for from today.

3. Review the day

Review your day hour by hour as led by God- how did you awake? Where did you sense God the most? Where did you feel the farthest or most unaware of Him? Sit with whatever seems most important that God wants to show you. (The whole prayer is a reflection to create a habit of awareness rather than thinking too long into details)

4. Face your shortcomings

Talk to God about where you fell short of His desires. Ask and receive His forgiveness. If there is something to make right make a note of it.

5 Look toward the day to come

Ask where you need God's presence in the day to come.

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