

The Examen: A Daily Prayer

St. Ignatius Loyola's Examen is an opportunity for peaceful daily reflective prayer.

It invites us to find the movement of God in all the people and events of our day.

The Examen is simply a set of introspective prompts for you to follow or adapt to your own character and spirit.

Begin with a pause and a slow, deep breath or two; become aware that you are in the presence of the Holy.

Thanksgiving

What am I especially grateful for in the past day . . .

The gift of another day...

The love and support I have received...

The courage I have mustered...

An event that took place today...

Petition

I am about to review my day; I ask for the light to know God and to know myself as God sees me.

Review

Where have I felt true joy today?

What has troubled me today?

What has challenged me today?

Where and when did I pause today?

Have I noticed God's presence in any of this?

Response

In light of my review, what is my response to the God of my life?

A Look Ahead

As I look ahead, what comes to mind?

With what spirit do I want to enter tomorrow?