

# EXAMEN PRAYER

This prayer practice was developed by Ignatius of Loyola (1491- 1556) and is focused on being attentive to and interacting with God's loving presence in the midst of daily life. Followers of Jesus might pray this prayer at the end of a day or at a time of transition.

**Go through all sections of this prayer one at a time. Take your time to be still and slow your mind as you do this prayer.**

## LIGHT

The Examen is a way to create space in which to carry on a conversation with God. Begin by asking the One who "is pure light, undimmed by darkness of any kind" (1 John 1:5) to grant you the ability to clearly see, hear, understand, and respond to His loving presence. Begin to review your day in your mind from the moment you awoke until now.

## THANKS

As moments of grace come to mind, give thanks for the good that has come to you today through God's generosity. As Ignatius said, "I will ponder with great affection how much God has done for me, and how much He has given me of what He possesses, and finally, how much ... the same Lord desires to give Himself to me."

## REVIEW

Watch the day play back before you as if you were watching a film. When did you feel you were cooperating most fully with God? When were you resisting? Pay attention to your feelings as you do this.

## RESPOND

After reviewing, take time to converse with God, expressing your thoughts on the actions, attitudes, feelings, and interactions you saw. You may want to seek forgiveness, ask for direction, express gratitude, or resolve to make a change and move forward.

## NEXT

Look toward tomorrow. Ask God to be present in your thoughts, actions, and relationships.