# PRAYER OF EXAMEN



**All the things in this world are gifts of God, created for us, to be the means by which we can come to know him better, love him more surely, and serve him more faithfully.**
(Ignatius of Loyola)

The Prayer of Examen is an ancient prayer of reflection, that helps us learn to recognize God in every moment of our lives.

Beautiful in its simplicity, the Examen helps us refocus our hearts and minds. How often do we come to the end of a day and wonder where the time went, regret how we handled a situation or treated someone, or didn't take time to celebrate receiving good news?

Through the daily invitation of Examen, we reflect and remember as our relationship deepens and grows with the one who calls us into His loving embrace.

## The *Prayer of Examen* is an opportunity to:

- discern God's Presence in each moment and all things.
- express our gratitude for God's many blessings.
- review the highs and lows of each day.
- pray for our hearts to be aligned with God's.
- ask God for the strength, patience, peace, wisdom, and grace to fulfill His will for our lives.

If you find it challenging to sit quietly with God, choose a Scripture verse to read and think about, such as Psalm 46:10:

***Be still and know that I am God.***

God wants us to be present where we are. He invites us to see and to hear what is around us and, through it all, discern the footprints of the Holy. (Richard Foster)

***Show me the way I should go... Teach me to do your will... lead me on level ground.*** (Psalm 143:8b, 10a, 10d)



## QUESTIONS TO CONSIDER

- What brought me joy today?
- Who or what encouraged, inspired, or made me smile?
- What left me feeling drained, anxious, angry, or impatient?
- Where did I lean into God's Presence?
- Where did I resist God?
- How did I show God's love to others today?
- How did the Spirit prompt me to serve others?
- Who or what am I most grateful for today?
- Who or what am I least grateful for?
- Where did I fail to show others the love of God?
- Do I need to seek restoration in a relationship?
- What might God be trying to teach me?
- When did the Spirit invite me to be more like Jesus today?
- Where am I grasping for control?
- As I think about tomorrow, what do I need to release?
- How did the "God of disguise" surprise me today?
- How might God fan the flame of my faith tomorrow?

## THE FIVE STEPS OF THE EXAMEN

1. **NOTICE GOD'S PRESENCE** - Look back over your day and make note of the times you experienced God's presence. If the day is a blur or a jumble, ask God to bring clarity and to reveal His presence in your day.
2. **GIVE THANKS** - As you review the day, thank God for each blessing and gift you remember. Focus on the details – what you ate, who you interacted with, what you did, what you heard, what you read, how you felt.
3. **ASK FORGIVENESS** - Be honest with God about the moments when you fell short today (when you were impatient or quick-tempered, when you lacked compassion or ignored a need, when you engaged in gossip) and ask for forgiveness.
4. **PRAY ABOUT ONE THING** - Talk with God about one joy, one sorrow, one surprise, or one specific situation from today, and let Him speak to your heart.
5. **HOPE FOR TOMORROW** - Ask God to guide you through every step of tomorrow, to remind you that He is with you through every breath, that you trust Him with every moment, that your hope is in Him only.