

The Prayer of Examen

By Ignatius of Loyola



Be Still

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

Petition

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

Thanksgiving

What am I especially grateful for in the past week?

The gift of another day...The love and support I have received...The courage I have mustered...An event that took place...

Review your Week/Day

Where have I felt true joy this week/today?

What has troubled me?

What has challenged me?

Where and when did I pause?

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?

Looking Ahead

As I look ahead, what comes to mind?

With what spirit do I want to enter tomorrow?

What is the Prayer of Examen?

This method of prayer was originally constructed and used by Ignatius of Loyola, founder of the Jesuits.

The Ignatian Examen, or the Daily Examen as it is sometimes called is a contemplative prayer led by memory. Rather than a prayer utilized to clear one's conscience, the Examen is a prayer of consciousness.

During an Examen, one reflects on the current day, focussing on memories from the events of the day as a way of recognizing the Divine Presence. Often, the Examen awakens the practitioner to the Divine through routine or ordinary moments to illustrate the subtle and surprising ways God speaks.

This prayer practice helps cultivate and refine discernment as well as an awareness of God's presence.