

Prayer of Examen

See your need for God
and become more aware
of what He is doing around you



The examen is a reflective practice popularized by St. Ignatius. The structure is simple and can be adapted. Most importantly, it is a way to reflect on our relationship with God, noticing when we responded to God's presence and when we may have avoided or ignored God's presence. It is ultimately about deepening our relationship with God. There are five parts to the Examen.

01: ATTENTIVENESS

- **In your own words, invite God to be with you in this prayer.**
- **What do you need to be fully present?**

St. Ignatius came to understand that to sustain a reflective life oriented towards God, one needs 'light and strength.' The light of the Spirit to see clearly. The strength of the Spirit to actively and honestly engage all areas of my life.

Prayer is not something we do on our own.

Prayer is a response to the presence of God within us. It is not about your ability to focus; it is not a test; it is not a matter of endurance.

The Examen is not just about you - the

Examen is not just about God.

The Examen is about you and God together.

- Can you trust and accept that God truly wants to be with you in this prayer and wants to know you better?**
- In your own way, ask for light and strength.**
- Are there areas of your life that need illumination?**
- Are there areas where you need strength?**

02: GRATITUDE

Gratitude recognizes God as the creator and source of all life. All that we have comes from God.

- **Who or what are you especially grateful for?**

03: REVIEW

The third movement is review. Take some time to review your day, or perhaps the last few days.

- **Were there moments when you especially noticed or felt God's presence? How did you respond? Did you see any patterns about what draws you toward God or what pushes you away?**

04: FORGIVENESS AND FAITHFULNESS

- In light of your review, are there areas you want to ask forgiveness for or lift up in celebration of your faithfulness to God's presence?

05: RENEWAL

- **Is there anything you want to work on or ask God to help you with?**
- **Conclude by sharing your hopes, needs, and fears with God.**

Finally, close by using

The Lord's Prayer

Our Father in heaven, which art in heaven,

Hallowed be thy name,

Thy kingdom come.

Thy will be done, in earth,

As it is in heaven.

Give us today our daily bread.

And forgive us our debts,

As we also have forgiven our debtors.

And lead us not into temptation

But deliver us from the evil one

For thine is the kingdom,

The power, and the glory,

For ever and ever

Amen