

## The Examen Prayer



This way of praying is most helpful when we do it regularly. As a daily pattern of prayer it helps us to become more aware of God's ongoing work in our lives.

### **1. Become aware of God's presence.**

I begin by remembering that I am in God's presence. I remember the reality that God is always looking lovingly at me. For a few moments I rest in God's loving gaze.

Together, God and I are going to look back over this past day. I ask for the grace to see how God has been active in my life over the past day.

### **2. I remember with gratitude all the times I was more open to the Holy Spirit.**

I think back over the day noticing the moments where I sensed the Holy Spirit at work in me. In particular I notice where I felt an increase in love, faith, hope, joy, peace, patience, kindness, goodness, gentleness or self-control. (1 Corinthians 13, Galatians 5) I give thanks to God for the moments when I felt more aware of God's presence.

### **3. I remember with sorrow the times I turned from God's love.**

I think back again, this time noticing the opposite movements in myself, what I am least grateful for. In particular, I notice where I felt unloving, a lack of faith, despair, anxiety, impatience, a lack of kindness, trust and self-control.

### **4. What grace do I need from God for tomorrow?**

I think about my day tomorrow. What does God desire of me? How can I be the best person I can possibly be? Perhaps I need patience, insight, wisdom for a difficult challenge or grace for a difficult conversation.

It is helpful to talk to Jesus like a friend. End the Daily Examen with a conversation with Jesus. Ask forgiveness for your sins. Ask for God's protection and help. Ask for his wisdom about the questions you have and the problems you face. Do all this believing His love for you and in a spirit of gratitude. Your life is a gift from the God who loves you.

For more information about the Examen Prayer:

<https://www.ignatianspirituality.com/ignatian-prayer/the-examen>

<https://godinallthings.com/prayer/evening-examen/>