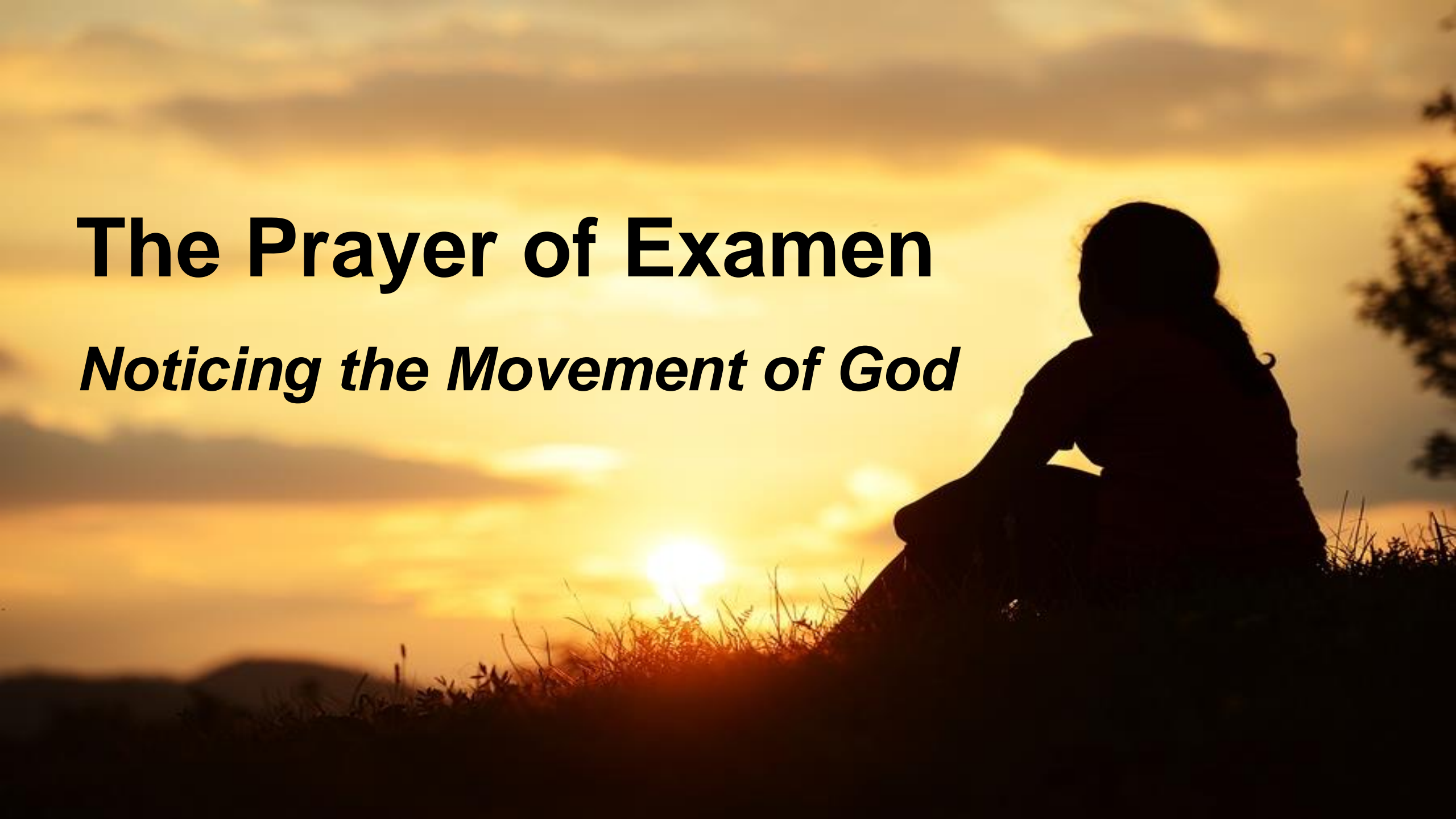


# **The Prayer of Examen**

***Noticing the Movement of God***



***Pain that is not transformed  
is transmitted.***

Richard Rohr



# Table Talk

- **Share your name.**
- **How you spend your days.**
- **Why did you come tonight to Women's Engage?**



**The Prayer of Examen is used to reflect on your day and notice God's presence or what appears to be, his absence.**





***Rather than emphasizing areas of failure, however, women generally profit more from reflecting on areas of giftedness, graces, breakthroughs, and successes, recognizing how God has brought fruit into all dimensions of life.***

The Spiritual Exercises Reclaimed by  
Dyckman, Garvin, and Liebert



# **The History of The Prayer of Examen**

- **Ignatius of Loyola, 1491 - 1556**
- **Developed the Spiritual Exercises**
- **Taught that The Prayer of Examen was the most critical of all prayer**



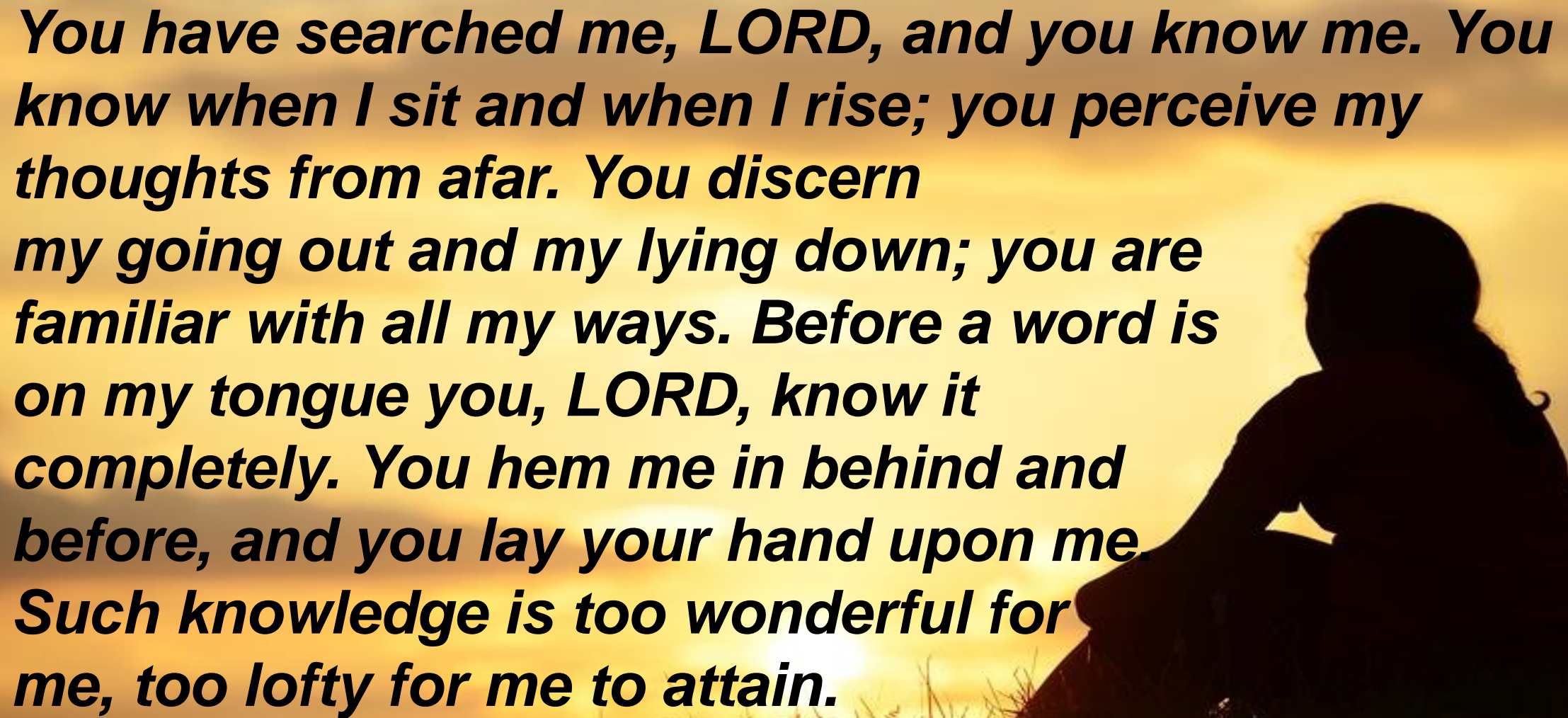
# Why do we need The Prayer of Examen?

- **More self-aware**
- **More in touch with our feelings**
- **More present to others**
- **Helps us trust ourselves**



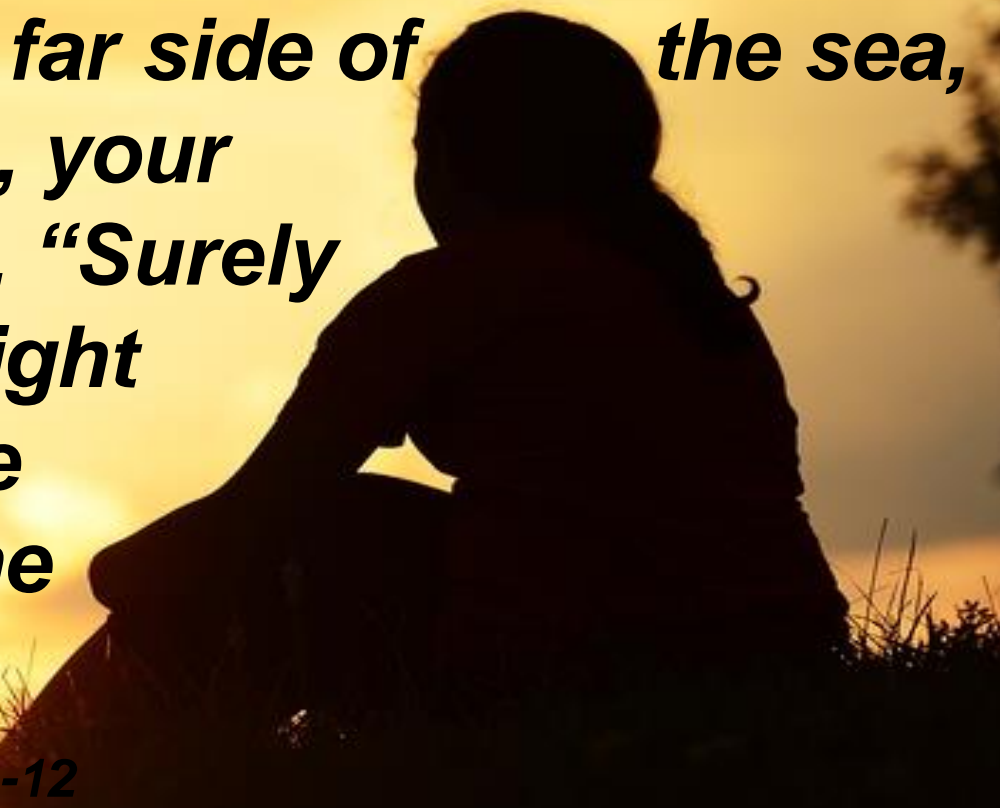


***You have searched me, LORD, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, LORD, know it completely. You hem me in behind and before, and you lay your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain.***

A silhouette of a person sitting on a grassy hill, looking towards a bright sunset. The sun is low on the horizon, creating a warm, golden glow. The person's hair is long and appears to be tied back. The background shows some trees on the right side.



***Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. If I say, "Surely the darkness will hide me and the light become night around me," even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.*** Psalm 139:1-12

A silhouette of a person sitting on a grassy hill, looking out over a landscape at sunset. The sun is low on the horizon, creating a warm, golden glow. The person's hair is long and tied back. The background shows some trees and a clear sky.

**Consolation - movement towards God**

**Desolation - movement away  
from God**



***In the examen we ask the Spirit to search us and know us. The Lord invites us to perceive his constant activity in our lives, to notice the things that move us toward God and away from God. This kind of praying takes us deeply inward—not so we become self-absorbed and self-centered, but so that we can truly know ourselves. After all, self-knowledge and humility are pathways to knowing and loving God more and more. And the Holy Spirit's desire is always to draw us more deeply into intimate life with God.***

**Sensible Shoes by Sharon Brown**





# Reflection

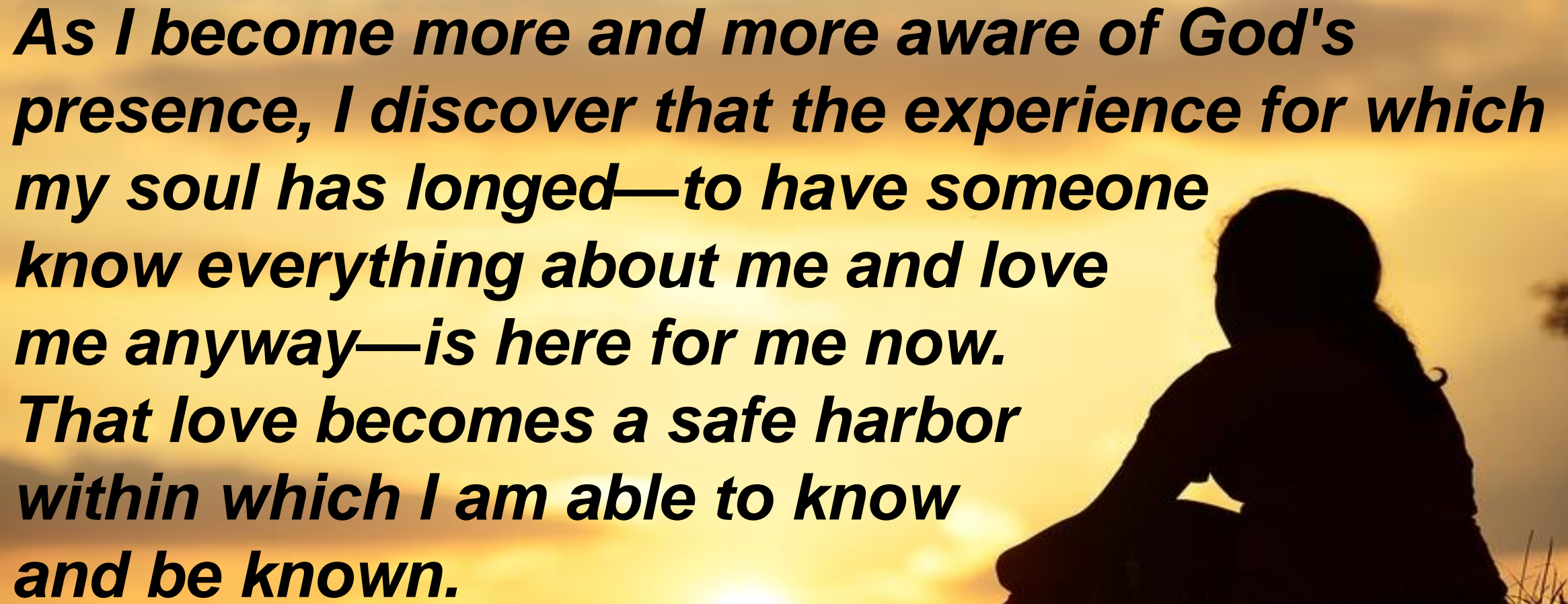
- **How are you "feeling" right now? Can you name your emotions?**
- **Are you a head, heart, or gut person?**
- **Is this experience drawing you in or are you resistive? Can you discern why?**



# **The Prayer of Examen**

- 1. Become aware of God's presence.**
- 2. Review the day with gratitude.**
- 3. Notice your emotions**
- 4. Choose one experience of the day and pray with it.**
- 5. Look toward tomorrow.**



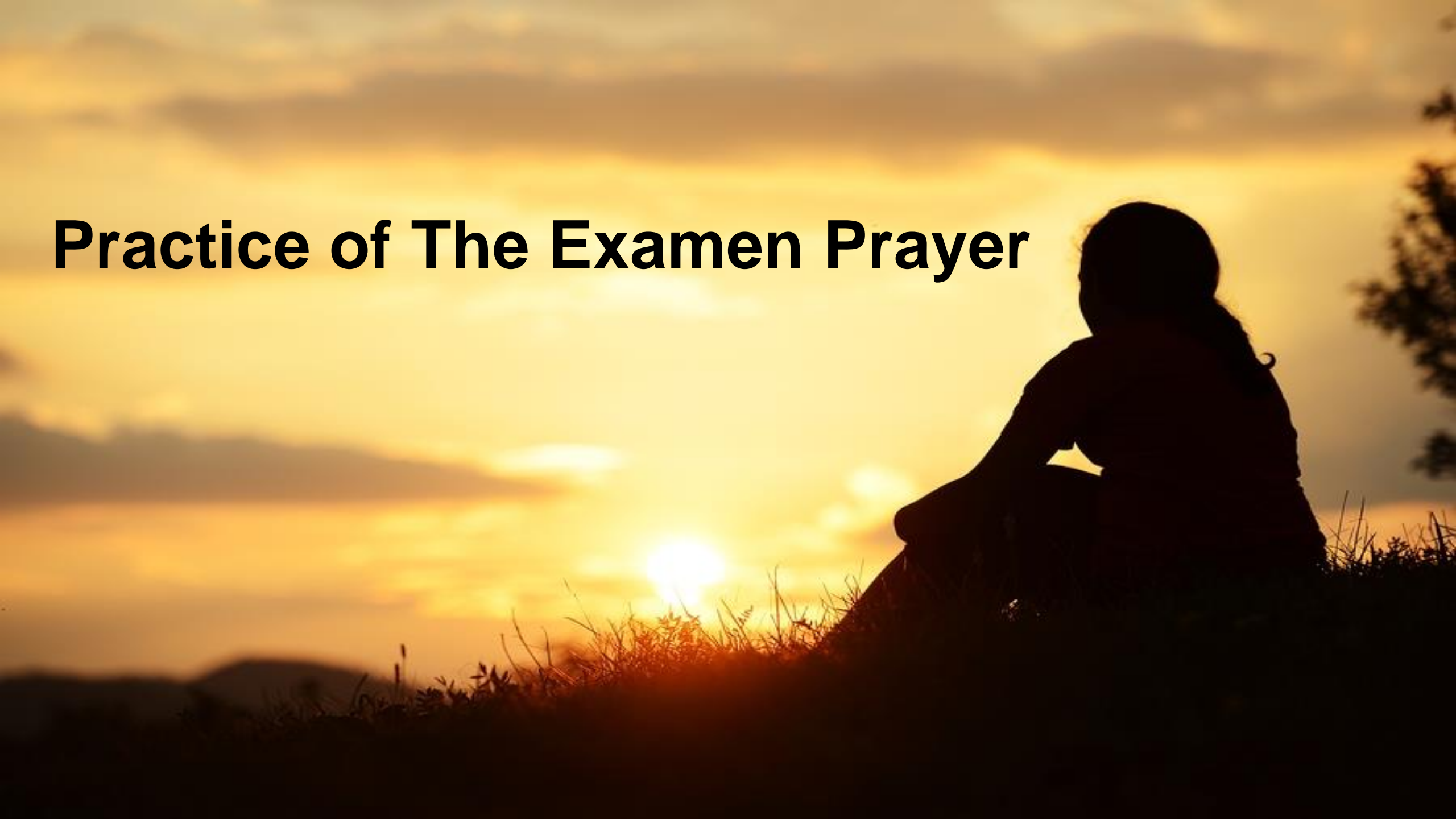
A silhouette of a person sitting on a grassy hill at sunset, looking out over a field. The sun is low on the horizon, creating a warm, golden glow. The person is facing right, and their hair is visible. The background shows a field of tall grass and some trees in the distance.

***As I become more and more aware of God's presence, I discover that the experience for which my soul has longed—to have someone know everything about me and love me anyway—is here for me now. That love becomes a safe harbor within which I am able to know and be known.***

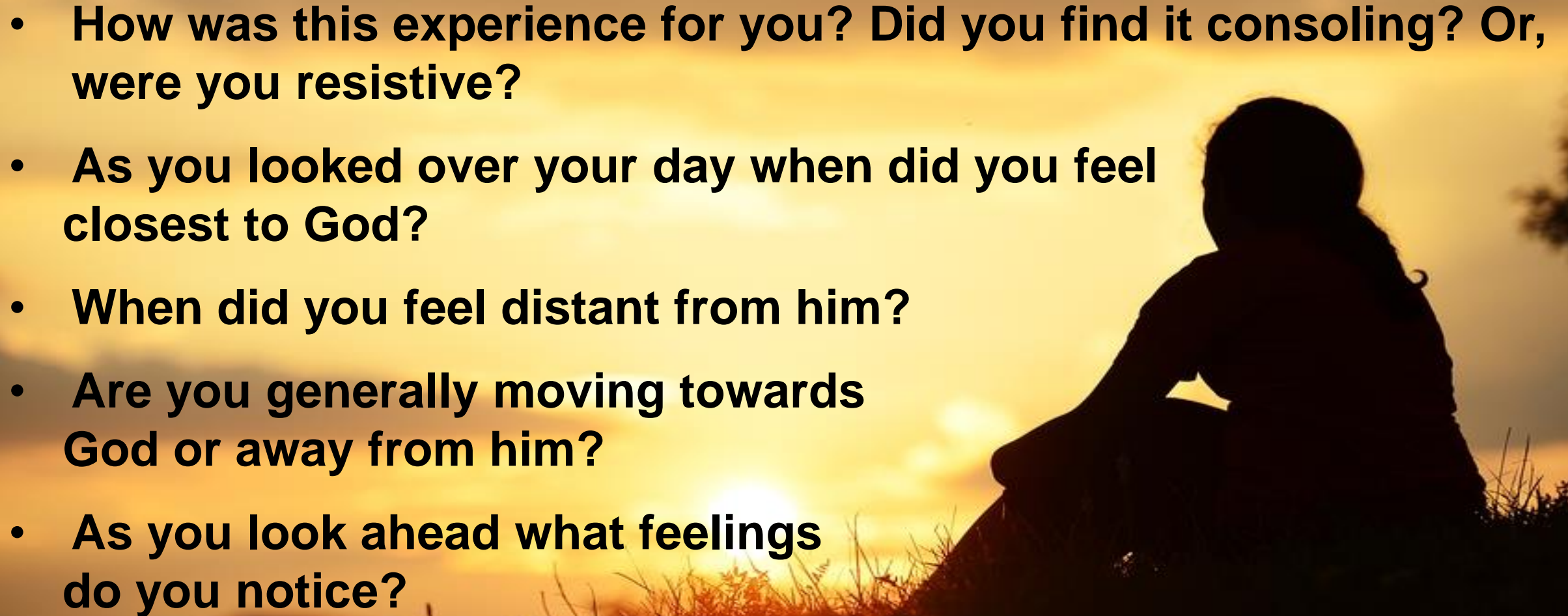
Ruth Haley Barton, Transforming Center,  
Beyond Words blog



# Practice of The Examen Prayer



# Reflection

- **How was this experience for you? Did you find it consoling? Or, were you resistive?**
  - **As you looked over your day when did you feel closest to God?**
  - **When did you feel distant from him?**
  - **Are you generally moving towards God or away from him?**
  - **As you look ahead what feelings do you notice?**
- 
- A silhouette of a person sitting on a grassy hill, looking towards the horizon. The background is a bright, golden sunset or sunrise, with the sun low on the horizon. The person is in the foreground, and the grass is visible at the bottom of the frame.

# **The Prayer of Examen**

***Noticing the Movement of God***

