

How to do The Prayer of Examen:

- The Examen Prayer - *IgnatianSpirituality.com*
 1. Become aware of God's presence.
 - This requires slowing down and letting go of distractions.
 - You might even want to keep a piece of paper next to you to jot down disruptive thoughts as they come.
 - Take a moment to breathe deeply and center yourself.
 - Ask God to bring clarity and understanding.
 2. Review the day with gratitude. Begin by thanking God for the gifts that he presented throughout the day.
 - Walk through your day in your mind and look for places where you experienced joy and delight.
 - When did you feel centered and at peace? Were you ever consoled by God?
 - What was the most life-giving part of your day?
 - When did you give and receive the most love today?
 - Look for consolation, movement towards God.
 3. Notice your emotions
 - Was there a time that you felt anxious, angry, fearful, or bored? When did you feel a lack of gratitude? Allow these feelings to surface and gently pass them onto God.
 - Look for desolation or movement away from God.
 - What do your emotions have to say to you? Did you overreact or were you dismissive of your emotions?
 - How did you fall short today?
 - Is there anyone you need to forgive this day?
 - Do you need to be forgiven for your words or actions?
 - Express your sorrow and thank God for his healing forgiveness and love.
 4. Choose one experience of the day and pray with it.
 - Name the emotions. Give them to God.
 - Ask God to provide insight into what you are feeling.
 5. Look forward to tomorrow.
 - What would you like to offer up to God in the day to come? concerns, anticipations, places of need
 - Ask God to companion you through your day and provide insights and clarity around your feelings.