

Variations on the Daily Examen:

Online:

Many are found here: <http://www.ignatianspirituality.com/ignatian-prayer/the-examen>

Also: the book and free app, *Reimagining the Ignatian Examen* (a Google search search of the title will get you to the page where you can order the book or download)


This is a version of the five-step Daily Examen that St. Ignatius practiced.

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

Questions to guide your prayer:

- What did I do that made me happiest?
- Where did I feel ashamed of myself?
- What action would I do over again and how?
- What habits or tendencies worked for or against me?
- When did I feel most in alignment with what is best in me?

—From Paul Wilkes



the EXAMEN

The *Examen* is a method of reviewing your day in the presence of God. It's actually an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life. It has five steps, which most people take more or less in order, and it usually takes 15 to 20 minutes per day. Here it is in a nutshell:

- 1** Ask God for light.
I want to look at my day with God's eyes, not merely my own.
- 2** Give thanks.
The day I have just lived is a gift from God. Be grateful for it.
- 3** Review the day.
I carefully look back on the day just completed, being guided by the Holy Spirit.
- 4** Face your shortcomings.
I face up to what is wrong—in my life and in me.
- 5** Look toward the day to come.
I ask where I need God in the day to come.

Version of the Examen from *A Simple Life-Changing Prayer* by Jim Manney © Loyola Press

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