



PRAYER OF EXAMEN

A SPIRITUAL PRACTICE GUIDE

A SPIRITUAL PRACTICE GUIDE BY KALEO PHOENIX

THE PRAYER OF EXAMEN

The Prayer of Examen is a foundational aspect of the spiritual exercises of Ignatius of Loyola (1491-1556). "He believed that discernment came out of awareness of how God moved uniquely in each soul. The Examen provides a way of noticing where God shows up in our day. It is a practice that attends to what we might otherwise miss in the press of duties and busyness. The questions of the Examen open our attention to how God's internal movement is present in our external comings and goings. They lead us to listen deeply to the data of our lives." - Adele Ahlberg Calhoun

Position yourself in a prayerful manner and begin:

- 1) **Pray** this prayer from the founder of the Jesuits, Ignatius of Loyola:

Lord, teach me to be generous. Teach me to serve You as You deserve; to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for rest, to labor and not to ask for reward, save that of knowing that I do Your will.

- 2) **Center** yourself. Remove any distractions and begin to breathe deep. Focus on your breathing. Breathe in deep. Slowly release the breath. Do this as long as you need in order to become fully present with God.
- 3) **Engage:** The Prayer of Examen is a technique of prayerful reflection, looking back on the events of the day in order to detect God's presence and to discern His direction for us.



a) **Replay**

- i) What has happened in my life throughout the day?
- ii) Think back to particular instances in the day. What moments am I most grateful for? What moments am I least grateful for?

b) **Rejoice**

- i) Where have I felt grace?
- ii) Where has God been particularly present?
- iii) When did I have the deepest sense of connection with God, others, and myself?
- iv) Take a moment to thank God for His presence throughout the day.

c) **Repent**

- i) Where have I felt emotional pain?
- ii) Where have I separated myself from God?
- iii) When did I have the least sense of connection with God, others, and myself?
- iv) Take a moment to release any pain and tension to God. (ie: "Lord, I am sorry for where I have failed and the things I have left undone. Forgive me for any moments of separation from You today. Thank You for Your grace and mercy.")

d) **Resolve...** to live differently tomorrow, if need be. And sleep with gratitude.

- i) Remember I am loved by God.
- ii) Make a commitment to position myself to become more aware of God's presence tomorrow.
- iii) I am here right now. God loves me and I look forward to another day filled with God's loving presence.

