

Reviewing the day with Jesus



Further Resources



Different recordings of led Examen prayers so you can be guided through the prayer

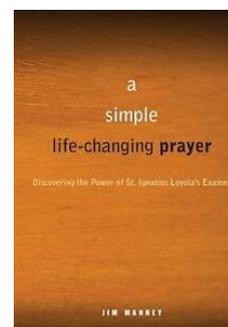
<https://pray-as-you-go.org/article/examen-prayer>

The Examen: Ignatius' Favourite Prayer

Take some time to become still, finding whatever quietness you can around you and within you.

You might find it helpful to sit and be aware of your breathing for a while, don't change it but be aware of it. You may like to listen to the sounds you can hear, bringing your attention nearer and nearer to listen to yourself.

- Enter the prayer with an attitude of gratitude, realising anew that all you have and are comes as a gift from God.. Try to think of something you are grateful for in the day and hold it up to God like a mental picture.
- Ask for God's light as you review the period of time you want to look at, that God will show you what has been most significant.
- Let your mind's eye look back over the time, gently noticing whatever catches your attention. There is no need to work hard at recalling every moment – let what will emerge. Notice particularly moments of life, of light, of energy; and moments when these seemed drained. Is there a moment when you felt most yourself, the person God created you to be? Is there anything you regret? What was your response at the time? How would you want to respond to God now as you notice them again?
- Speak to God 'as one friend speaks to another' about what you have noticed in the prayer.
- End by looking ahead, and in the light of what you have seen, ask God for the gifts and graces you need for the time immediately ahead. If there is something you need to do as a result of the prayer ask for God's help.



A Simple, Life-Changing Prayer: Discovering the Power of St. Ignatius Loyola's Examen

Book by Jim Manney



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