



### **What is the Prayer of Examen?**

The Prayer of Examen is a prayer of review often prayed at the end of the day.

The Prayer of Examen was designed by St. Ignatius of Loyola out his passionate belief that God is alive and active and present in all things- every aspect of our daily lives.

The Examen is a contemplative prayer practice led by memory. During the Examen you reflect on the day, focusing on memories from the events of the day as a way to recognizing God's divine presence throughout. Where has God been nudging and loving and moving and acting on your behalf?

### **Why practice the Prayer of Examen?**

The Prayer of Examen is one practice that helps center us in Christ. God is at work in the world and it is easy not to see how our little lives a part of the that work. The Prayer of Examen trains our hearts to see God's work in, through and around us. The Examen wakens the practitioner to the Spirit of God through routine or ordinary moments to illustrate the subtle and surprising ways God speaks. This prayer practice helps cultivate and refine discernment as well as awareness of God's presence.

**Instructions for the Prayer of Examen:** ([www.contemplativeathome.com/examen/](http://www.contemplativeathome.com/examen/))

So today we're going to pray with the five steps that Ignatius suggests to his followers in the Prayer of Examen.

Let's prepare ourselves for prayer.

So I invite you to find a comfortable position, to set these next few minutes aside as a sacred space.

You might want to have your feet flat on the floor, your legs crossed in front of you, you might want to have your hands gently folded or open in your lap. Put your body in a position that will dispose you to being attentive to God's presence and begin to become aware of your breathing.

Now take your attention to the Lord's presence with you. Perhaps you sense the Lord sitting beside you as a kind and comforting friend. Perhaps you sense the Holy Spirit wrapped around you like a blanket in an embrace of love and care.

Or perhaps you want to turn your attention inward. Taking your awareness to the deepest part of yourself that you have access to.

And finding that in that deep place within yourself, the Lord is alive, loving you, waiting to be at one with you.

Know yourself in the Lord's presence and allow the Lord's love to fill you and surround you and hold you – trusting it and receiving it as deeply as you're able.

As you sit in that place of deeply receiving the Lord's love, allow a few things which you're particularly grateful for right now to come to mind.

Express your gratitude for these things to the Lord.

Now together with the Lord you are invited to look back over the past 24 hours. Perhaps you want to go chronologically through your day in your mind or perhaps you just want to allow scenes from the day to float to the surface.

Note one or two moments, which particularly brought you to life – which filled your heart with joy or comfort or delight.

Now savor the details of that moment, let it play over again in your mind. Notice what it was about that moment that you loved so much. How did it nourish you? Notice, why this was particularly life giving for you.

Hold yourself in these moments up to the Lord's love.

Now take your attention to a moment or two moments, which you're not so pleased about.

What happened in these moments? What about this was disappointing or painful for you?

Hold yourself in these moments up to the Lord's love.

Perhaps you feel prompted to ask for forgiveness or to pray for an enemy.

Breathe deeply of the Lord's love for you. And now together with the Lord cast your minds eye over all that tomorrow will hold for you.

Ask God for any particular graces you might need in the coming day.

And trust God to go ahead of you and with you into tomorrow.

In the name of the Father and the Son and the Holy Spirit - Amen