

Centre for Liturgy  
Archdiocese of Perth

# MINISTRY REVISIT AND REVIEW 2022

## Prayer Experience - The Examen

### Introduction

The Examen is a method of reviewing your day in the presence of God. It's an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life.

[www.ignatianspirituality.com](http://www.ignatianspirituality.com)

### The Practice

**Ask God for light** - *I want to look at my day with God's eyes, not merely my own.*

Become aware of God's presence. Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.

**Give thanks** - *The day I have just lived is a gift from God. I am grateful for it.*

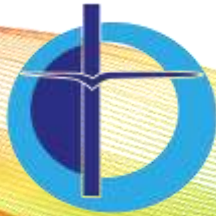
Review the day with gratitude. Gratitude is the foundation of our relationship with God. Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. God is in the details.

**Review the day** - *Carefully look back on the day just completed, being guided by the Holy Spirit.*

Pay attention to your emotions. One of St. Ignatius's great insights was that we detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you experienced during the day. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings?

**Face your shortcomings** - *I face up to what is wrong—in my life and in me.*

Choose one feature of the day and pray from it. Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It may involve a feeling—positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.



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Look toward the day to come - I ask where I need God in the day to come.

Look toward tomorrow. Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek God's guidance. Ask God him for help and understanding. Pray for hope.

St. Ignatius encouraged people to talk to Jesus like a friend. End the Daily Examen with a conversation with Jesus. Ask forgiveness for your sins. Ask for His protection and help. Ask for His wisdom about the questions you have and the problems you face. Do all this in the spirit of gratitude. Your life is a gift, and it is adorned with gifts from God. End the Daily Examen with the Our Father.

