

Prayer of Examen

A method of prayer that Christians have been using for hundreds of years is called the *Prayer of Examen*, first developed by St. Ignatius of Loyola. The *Examen* is a method of reviewing your day in the presence of God.

1. **Become more aware of God's presence**

Ask for God to fill you with the Holy Spirit so that you can see your day through God's eyes. Thank Him for his presence with you as you sit down to pray and reflect on your day.

2. **Give thanks**

What are some things that you're thankful for right now? Is there something that brought you even just a moment of joy or peace? **Spend some time thanking Him for some of the things that you're grateful for**, whether big or small.

3. **Review the feelings that surfaced for you throughout the day**

Carefully look back on your day. As you look back, maybe some strong feelings arise – things that were painful or moments that were filled with joy, things that brought peace, sadness, anxiety, confusion, hope, compassion, regret, anger, jealousy, self-doubt, boredom, or excitement.

Did something surprise you? Or frustrate you? Did something happen, did you say something, or do something that you now regret? On the other hand, what's brought peace and contentment? What's brought fear, or anxiety?

What is God trying to communicate to you in those feelings? Take a moment to process with God.

4. **Rejoice and ask forgiveness**

In the midst of all of the feelings and events you just processed through, how was God present to you? How has He sustained you? Praise Him for how He's provided for you and carried you.

If you feel convicted by something as you sit and process through this season with God, bring that to Him as well and ask His forgiveness, knowing that when we confess our sins, God is faithful and just and will forgive (1 John 1:9).

5. **Look toward the day to come**

Take just a moment before you jump into the rest of your day to ask for God's guidance, strength, and direction for the season ahead. Is God asking you to do anything coming out of this time of prayer and reflection? Ask for His help with any moments that you anticipate might be difficult. And let's ask God to lead us into the rest of our day and into this next season, whatever it may hold, and for Him to continue to transform us to look more like Christ.