

Praying the Ignatian Examen

1. Come into God's presence

Make the sign of the cross if you like, or use a short personal liturgy.

Take some time to give **thanks** for God's great love for you.

2. Pray for the grace to understand how God is acting in your life

Invite the Holy Spirit to accompany you as you review your day.

3. Review your day

Replay the movie of your day, paying attention to each moment: getting up, prayer, meals, household tasks, work, leisure, encounters, activities ...

Remember the sights, sounds, feelings, tastes, textures, thoughts, words, deeds.
Pay attention to your feelings and your moods,

4. Reflect on what you did, said or thought

When did you experience drawing closer to God? When did you experience the fruits of God's Spirit (love, joy, peace, patience, kindness, gentleness, self-control)?

When did you experience drawing further away from God? When did you experience the false spirit (anger, restlessness, impatience, meanness, despair)?

What might you need to say "**sorry**" to God for?

5. Look to the future

Where might you need to say "**please**", to ask God's help, in order to collaborate more joyfully with God's loving will for your life?

Be specific and take small steps.

Conclude with a sign of the cross or other gesture that helps you.

Say the Lord's Prayer or another prayer that you like.