



HOW TO PRAY THE EXAMEN

finding God in the everyday



The Examen is a form of centering prayer and foundational tool for spiritual formation. The Examen is sometimes referred to as 'examination of consciousness' and was popularized by Ignatius of Loyola (1491 – 1556) Often prayed at the close of day before bed.

PRESENCE

Breath deeply. Pay attention to your breath. Place yourself in God's Presence

REVIEW

Review your day like a movie replaying in your head. What you are notice. What was good? What made you anxious? Where did you find joy?

REFLECT

Thank God for those things which are obvious. But also thank God for non-obvious things which we sometimes forget - random acts of kindness, being healthy, relationships. Relish and savor these moments in gratitude to God. **Repent** of those moments you regret, where you made mistakes, hurt someone, or fell short.

REBOOT

Consider how God is inviting you to rest in peace tonight and live faithfully tomorrow. How might you collaborate more effectively with God's plans tomorrow?

