

## SPIRITUAL PRACTICE

# Prayer of Examen

This prayer is a way of becoming aware of God's presence in our daily life. In reviewing the events, thoughts, actions, feelings and dreams of the past twenty-four hours, God invites us to notice occasions and patterns of mercy, even in times of transition and heartache. The God who created you also lovingly desires to be close to you through your grief as well as during your times of joy. The Prayer of Examen is attributed to the founder of the Jesuits, Ignatius of Loyola.

### Steps of the Prayer of Examen

Look back through your day as if playing a movie in reverse. Give thanks for the events of the day. For what are you most grateful?

What do you wish was different?

Look forward to the day to come. Where do you most need God in the coming day?

Reflect on your experience of the Prayer of Examen.

*I don't know exactly what a prayer is. I do know how to pay attention.  
Mary Oliver, "The Summer Day"*

