



FLOURISH COMMUNITIES

Prayer of Examen

Spiritual formation practices provide meaningful ways for you to abide in God and be transformed by Him.

The Prayer of Examen is a daily spiritual exercise developed by St. Ignatius Loyola.

This practice seeks to grow us in our ability to find God's work in our lives and enhance our understanding of Jesus and His ways. The prayer may take ten to twenty minutes. The majority of that time will be spent reviewing your day.

How can you arrange your life in order to develop this spiritual discipline into a regular rhythm?

Evening Prayer of Examen

1. Rest and quiet yourself. Note that you are in the presence of God
2. Ask for guidance from the Holy Spirit and understanding into your own heart
3. Recall your day with gratitude. Look for the gifts in your surroundings, relationships, work, and even in your challenges. Gratitude is the foundation of our whole relationship with God. Walk through your day from when you woke to the present moment. Thank the Lord for every gift you encountered during your day
4. Review your day – **Where did you love? Where did you fail to love?**
5. Draw out the positive and negative emotions of your day – where was God in all these moments?
6. Reconcile – picture yourself talking with Jesus about your day. Express what you need to express to the Lord: praise, joy, adoration, gratitude, petition, repentance, contrition, request for help or healing, etc.
7. Think about your day tomorrow and give your plans to the Lord
8. End with the Lord's Prayer

Try It

- (1) Where was God in your day? <https://pray-as-you-go.org/p/s/2274> Where was God in your week? <https://pray-as-you-go.org/p/s/2245>
- (2) Use open space below to record a few brief thoughts or draw a simple picture of what you experience during an Evening Prayer of Examen. Pay attention to how easy or how difficult the parts of this process are for you. What can you do to help yourself enjoy the Prayer of Examen and practice it often? What was most meaningful about this exercise for you?

Ideas taken from *Spiritual Disciplines Handbook: Practices That Transform Us*, by Adele Ahlberg Calhoun and Pray As You Go app