



CREATING  
SPACE

A prayer & contemplation series

PRESENTED BY  
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BORROWED FROM THE  
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CHURCH LIFE

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Prayer of  
Examen

# Prayer of Examen

The Ignatian Examen is a prayer that helps us identify and pay closer attention to God's activity in everyday life. When fully adopted, the Examen becomes a habit, a daily inventory of the ways God has been at work in our lives and of the ways that we either have or have not responded to this activity of God.

## Lamentations 3:4

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Let us examine and  
probe our ways,  
And let us return to the  
Lord.

## Why you might pray the Examen

Daily practice of the Examen improves our awareness of the slow but certain work of God in our lives. The more the Examen becomes a habit, the more aware we become of the movements of God throughout the day. If you wish to perceive the movements of the Holy Spirit with greater clarity or are in a process of discernment, the Examen would be a great practice to adopt.

# Steps to the Prayer of Examen

As you begin, invite God into your prayer and ask for the grace to see yourself honestly as you review your day. Then, at a meditative pace, review your day using the five steps below as a guide. You can prayerfully meditate on your responses or journal as you move through the reflections.

## I. EXPRESS GRATITUDE

Recall your day yesterday and name anything for which you are particularly grateful. Thank God for these gifts.

## II. PRAYING YOUR EXPERIENCES

Review the events of your day yesterday. Move from morning to night and notice where you felt God's presence. (No detail is too small or too mundane.\*) Were there any invitations to grow in faith, hope or charity? How did you respond to these invitations?

## III. NAME YOUR SORROWS

Name those things from the yesterday for which you are sorry. Include both actions and regrets, things you did or did not do.

## IV. SEEK FORGIVENESS

Ask God to forgive you. If there is someone you may have hurt and with whom you should reconcile, resolve now to reconcile with them and ask their forgiveness.

## V. ASK FOR GRACE TODAY

Conclude by thanking God for the gift of your life and this day. Then, ask for the grace you need to see God's presence more clearly and to conform yourself to Jesus Christ more closely tomorrow.