

The Daily Examen

Over 400 years ago Saint Ignatius Loyola proposed a 5-step approach of prayerful reflection on each day's events so as to become more in tune with God's presence and direction. Try this version of Ignatius' prayer.

1. Becoming aware of God's presence

The day may seem a confusing blur – invite the Holy Spirit to let you see it through God's eyes, and share the events of the day with Him.

2. Thankfulness

Note times that you could be happy about, focusing on the day's gifts. What were you able to receive? To give? Pay attention to small things: food, sights or other small pleasures.

3. Attend to your emotions

One of Ignatius' great insights was that we detect the presence of the Spirit in the movements of our emotions. Reflect on your day's feelings – what is God saying through these? Is He pointing out a need for some action or encouragement?

4. Choose one feature of the day and pray over it

Ask for the Holy Spirit to highlight one thing. Allow prayer to flow from your heart about it, including whatever emotions arise.

5. Look forward to tomorrow

Ask God to give you light for tomorrow. Pay attention to your feelings and pray around them. Ask for His guidance and perspective.

Ignatius encouraged people to talk to Jesus like a friend. Wrap up your Daily Examen conversationally with Him. Ask for forgiveness, protection, and wisdom. Bring your concerns and anticipations. And in all things, stir up your thanksgiving.

For more approaches to the Examen see
<https://www.ignatianspirituality.com/ignatian-prayer/the-examen>