

DAILY EXAMEN OF ST. IGNATIUS OF LOYOLA

Become aware of God's presence.

Breathe in the Holy Spirit. Breathe out your tension.
Ask God for light, to look at the day with God's eyes.



Review the day with gratitude.

Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts. Look at the work you did, the people you interacted with. Note the blessings big and small, general and specific that were life-giving today. Consider where God was present in these things.

Recognize today's failures in yourself and in the world.

Note what was draining today, or when God felt distant. Reflect on the feelings you experienced: boredom, resentment, compassion, anger. What is God saying through these feelings? Note of sins and faults, but look deeply for other implications. Frustration may be God leading you to consider a new direction. Concern about a friend might be God leading you to reach out.

Choose one feature of the day and pray from it.

Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It may involve a positive or negative feeling, a significant encounter with another person, a vivid moment of pleasure or peace, or something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, repentance, or gratitude.

Look toward tomorrow.

Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Allow these feelings to turn into prayer. Seek God's guidance. Ask God for help and understanding. Pray for hope.

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A SIMPLIFIED EXAMEN



Become aware of God's presence.

*Breathe in the Holy Spirit.
Breathe out your tension.*



Where did you see God today?

Reflect on what was life-giving to you today.



Where did God feel absent today?

Reflect on what was life-draining today.



What is God calling you to tomorrow?

*Meditate on what you should do tomorrow
that you did not do today.*



Say a short prayer.

*Thank God for the blessings today.
Lament the negative you experienced.
Ask God to help and guide you tomorrow.*