

The Examen Prayer

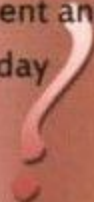
taught by St Ignatius

The Examen Prayer helps us to become more intimate with God. It allows us to open ourselves to God and God to us.

How

has God been present and active in my life today

have I responded



Thanksgiving

I give thanks to God ... for the gift of today, for faith, for graces ...

Light

I ask the Holy Spirit for light, to show me the way forward.

Review

I review my day hour by hour and ponder on my experiences. Where have I felt God's presence or ignored or rejected God?

Response

I respond to what God has shown me, how I felt and what I learnt. I listen to God ...

Tomorrow

What do I desire for myself ... for others ... I surrender to God in hope.

OUR FATHER.