

THE EXAMEN PRAYER

St. Ignatius of Loyola



PRESENCE

I relax in a comfortable prayer space and posture.
I become aware that God is looking at me with mercy and love.
I picture Christ sitting there with me.
I ask for the Holy Spirit's aid in this time of prayer.

GRATITUDE

I reflect on my day and thank God for his graces and gifts today.
What was my favorite moment?
How did God reveal himself to me today?

REVIEW

I recall my emotions, thoughts, and urges during the day.
What stirrings in my heart were of God?
Did I resist his grace today?

FORGIVENESS

I acknowledge the times when I acted sinfully and selfishly.
I ask for God's forgiveness and healing.
I rest in his mercy and grace.

HOPE

I resolve to trust in God's loving guidance and graces.
I plan how I will live in accord with God's love tomorrow.
I ask the Holy Spirit and my guardian angels for help.
I look forward to a new day!