

THE EXAMEN PRAYER

- 1) Praying for God's light during your time of prayer, asking for the guidance of the Holy Spirit.
- 2) Praying in gratitude for all God's gifts, giving thanks for gifts both small and large that you have received during the day.
- 3) Praying about how you perceived God to be present and active in your life during the day. How have you experienced grace, what insights have you received that make life richer, how has the Spirit nudged you toward service of others in particular ways, and what are those moments when you have fallen short of God's desire for your life and the lives of others?
- 4) Praying for forgiveness.
- 5) Praying about people and activities that will be part of your life the next day.

Or, as Mark Thibodeaux puts it in his book, *Reimagining the Ignatian Examen*:

- 1) **Request** the Spirit to lead me through my review of the day.
- 2) **Relish** the moments that went well and all of the gifts I have today.
- 3) **Review** the day.
- 4) **Repent** of any mistakes or failures.
- 5) **Resolve**, in concrete ways, to live tomorrow well.