

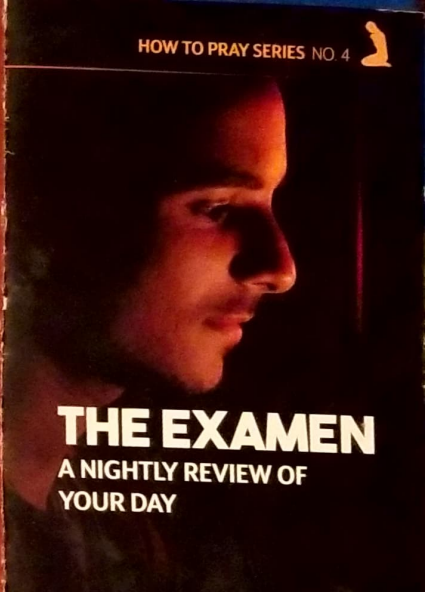
**EACH NIGHT, ASK
GOD TO REVEAL
HOW HE WAS
PRESENT IN
YOUR DAY**

EXAMINE YOUR DAY WITH GOD
**ENLIGHTENMENT
THANKSGIVING
REFLECTION
RESPONSE**

The Examen is a nightly practice recommended by St. Ignatius. It involves prayerfully reviewing your day, recognizing its difficulties and rejoicing in its blessings, then peacefully talking with God before going to bed.


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HOW TO PRAY SERIES NO. 4



THE EXAMEN
A NIGHTLY REVIEW OF
YOUR DAY



ENLIGHTENMENT

SEE YOURSELF AS GOD SEES YOU

Ask the Holy Spirit to show you what *He* wants you to see about your day, including how God was present to you, even if you were unconscious of it.

I ponder all your works. I muse on what your hand has wrought, and to you I stretch out my hands. Like a parched land my soul thirsts for you.
Psalm 143:5



THANKSGIVING

BE GRATEFUL FOR YOUR DAY

Reflect on the blessings of the day. Focus on where you experienced God's presence and grace, whether through nature, through others, when reading the Bible, or some other blessing. Let gratitude deepen in your heart.

Give thanks to the Lord, for he is good; his love endures forever.
1 Chronicles 16:34



REFLECTION

REFLECT ON SPECIFIC INCIDENTS

Choose one or two significant experiences to reflect upon, perhaps the day's "low point" and/or "high point." What were the natural and spiritual desolations—tiredness, illness, temptations, sadness, etc? What were the day's consolations—joys, achievements, insights, etc? How did you respond? Feel free to "re-live" any grace-filled moments.

I will never leave you nor forsake you.
Hebrews 13:5



RESPONSE

EXPRESS YOURSELF TO GOD

Freely express to the loving Lord whatever is in your heart: gratitude, sorrow, repentance, delight, yearning, conviction, joy, etc.

CLOSING

Briefly look toward the next day and offer it to God. Commit yourself anew to Christ and ask for a restful night and a peaceful death.

In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.
Philippians 1:6