

The Daily Prayer of Examen

The prayer of examen, is a quick prayer to help you see where God was active in your day. Usually done for 15 to 20 minutes at the end of a day, the prayer was popularized by St. Ignatius Loyola in his classic text *The Spiritual Exercises*. Use these five easy steps to pray the examen every day, and soon you'll begin to notice God's presence more easily.

- 1. Presence:** Remember that you're in the presence of God in a special way when you pray. Ask God for help in prayer.
- 2. Gratitude:** Recall two or three things that happened today for which you are especially grateful. Savor them. Then thank God for these gifts.
- 3. Review:** Review your day from start to finish, noticing where you experienced God's presence. Notice everything from large to small: from an enjoyable interaction with a friend to the feel of the sun on your face. When did you love? When were you loved?
- 4. Sorrow:** You may have sinned today or done something you regret. Express your sorrow to God and ask for forgiveness. If it's a grave sin, pray about seeking forgiveness from the person offended, or the sacrament of reconciliation.
- 5. Grace:** You may want to return to a meaningful part of your prayer and speak to God about how you felt. At the close of the prayer, ask for God's grace for the following day.