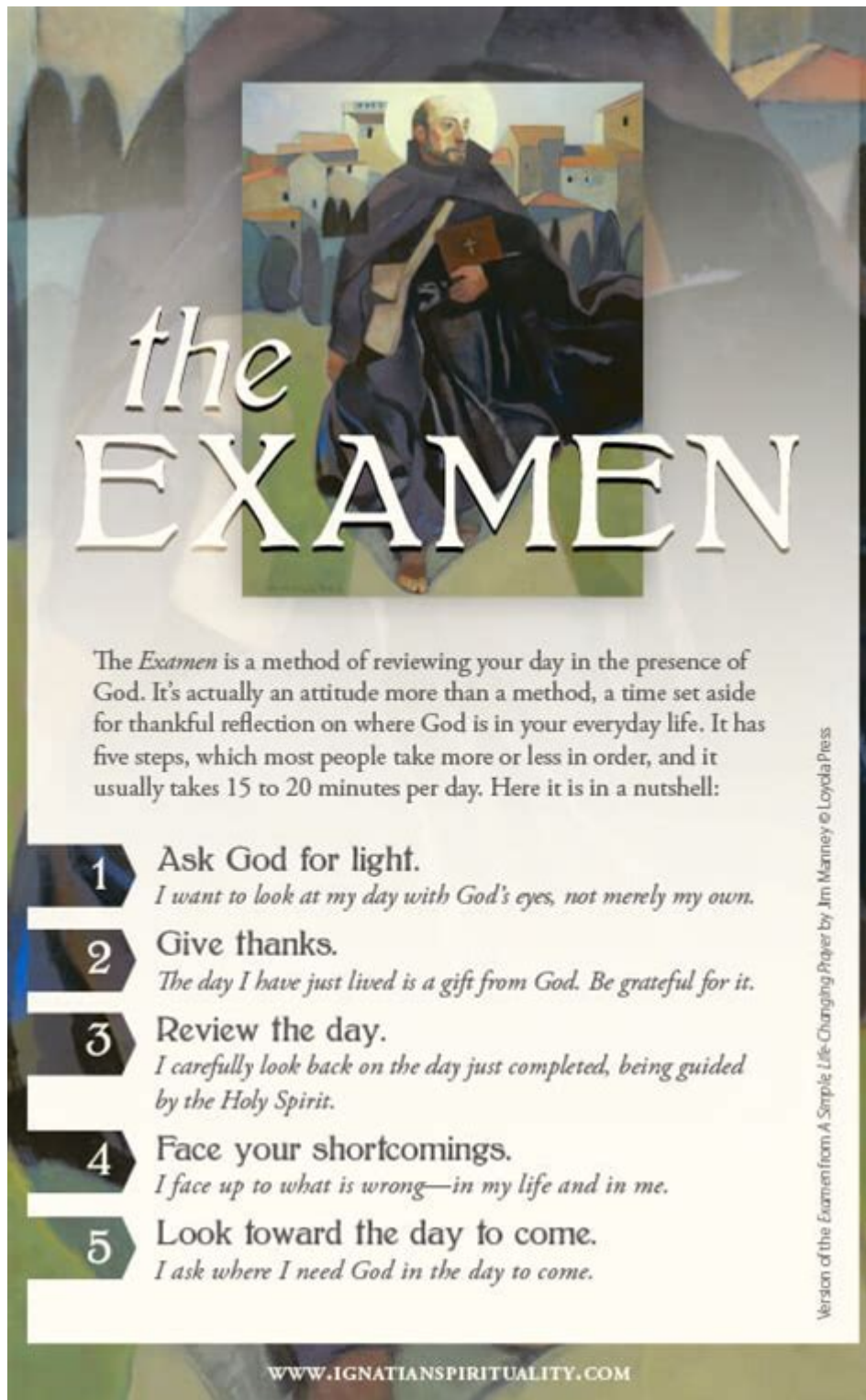


# St Ignatius Prayer Of Examen



*the*  
**EXAMEN**

The *Examen* is a method of reviewing your day in the presence of God. It's actually an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life. It has five steps, which most people take more or less in order, and it usually takes 15 to 20 minutes per day. Here it is in a nutshell:

- 1** Ask God for light.  
*I want to look at my day with God's eyes, not merely my own.*
- 2** Give thanks.  
*The day I have just lived is a gift from God. Be grateful for it.*
- 3** Review the day.  
*I carefully look back on the day just completed, being guided by the Holy Spirit.*
- 4** Face your shortcomings.  
*I face up to what is wrong—in my life and in me.*
- 5** Look toward the day to come.  
*I ask where I need God in the day to come.*

Version of the Examen from *A Simple Life-Changing Prayer* by Jim Marney © Loyola Press

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## Understanding the St. Ignatius Prayer of Examen

The **St. Ignatius Prayer of Examen** is a spiritual practice developed by St. Ignatius of Loyola, the founder of

the Jesuit order, in the 16th century. This prayer is designed to help individuals reflect on their daily experiences and recognize the presence of God in their lives. The Examen is a significant part of Ignatian spirituality, providing a structured method for self-examination and fostering a deepened relationship with God.

The Examen involves a process of reflection that allows individuals to review their day, acknowledge their feelings, and discern how they can grow spiritually. It encourages practitioners to develop an awareness of their thoughts, actions, and emotions, ultimately leading to a more profound understanding of their relationship with God and others.

## The Five Steps of the Examen

The St. Ignatius Prayer of Examen typically follows a five-step process that facilitates a thorough review of one's day. Each step encourages introspection and fosters a sense of gratitude and awareness. Here are the five steps:

1. **Preparation:** Begin by finding a quiet space where you can be alone with your thoughts. Take a few moments to calm your mind and body. You may want to light a candle or play soft music to create a peaceful atmosphere. Invite the Holy Spirit to guide your reflection.
2. **Gratitude:** Reflect on the day you have just experienced. Begin by expressing gratitude for the blessings and positive moments. Acknowledge the small joys and significant events that brought you happiness. This step helps cultivate a spirit of thankfulness.
3. **Review:** Mentally walk through your day, recalling the events that occurred from the moment you woke up. Pay attention to your thoughts, feelings, and actions. Consider how you interacted with others and how you responded to various situations.
4. **Reflection:** Identify moments in your day where you felt close to God, as well as times when you felt distant. Ask yourself questions such as: What thoughts or actions brought me joy? What moments were challenging? Where did I experience God's presence? This step encourages honesty and self-awareness.
5. **Resolution:** Conclude the Examen by considering how you can grow from your reflections. Set intentions for the next day, focusing on how you can improve your response to challenges and strengthen your relationship with God. This may include specific actions or attitudes you wish to cultivate.

# **The Benefits of Practicing the Examen**

Integrating the St. Ignatius Prayer of Examen into your daily routine can have numerous benefits for your spiritual and emotional well-being. Here are some of the key advantages:

## **1. Enhanced Self-Awareness**

The Examen encourages individuals to become more aware of their thoughts, feelings, and behaviors. By regularly reflecting on daily experiences, practitioners can identify patterns in their actions and recognize areas for personal growth. This enhanced self-awareness can lead to informed decision-making and healthier relationships.

## **2. Deepened Relationship with God**

Through the Examen, individuals learn to recognize God's presence in their daily lives. By acknowledging moments of gratitude and reflection, one can cultivate a more profound spiritual connection. This practice fosters a sense of trust and openness to God's guidance.

## **3. Increased Gratitude**

Practicing gratitude is a central component of the Examen. By reflecting on positive experiences and blessings, individuals can develop a more optimistic outlook on life. This shift in perspective can lead to improved mental health and overall well-being.

## **4. Better Decision-Making**

As individuals engage in regular self-examination, they become more attuned to their values and priorities. This heightened awareness can improve decision-making processes, leading to choices that align more closely with one's spiritual beliefs and values.

## **5. Stress Reduction**

Taking time to reflect and pray can serve as a form of stress relief. The Examen provides an opportunity to pause, breathe, and reconnect with one's inner self and with God. This practice can help individuals

manage stress more effectively and foster a sense of peace.

## Incorporating the Examen into Daily Life

To make the St. Ignatius Prayer of Examen a regular part of your life, consider the following tips:

- **Set a Routine:** Choose a specific time each day to practice the Examen, such as in the morning, during lunch, or before bedtime. Consistency will help make this practice a habit.
- **Create a Sacred Space:** Designate a quiet area in your home where you can pray and reflect without distractions. This space can help you mentally transition into a reflective mindset.
- **Use a Journal:** Consider keeping a journal to document your reflections. Writing down your thoughts can help solidify insights and intentions for the future.
- **Be Patient:** Developing a habit of reflection takes time. Be gentle with yourself as you learn to articulate your thoughts and feelings.
- **Engage with Community:** Consider discussing your experiences with a spiritual director or joining a group focused on Ignatian spirituality. Sharing insights can deepen your understanding and enrich your practice.

## Conclusion

The St. Ignatius Prayer of Examen is a powerful tool for spiritual growth and self-awareness. By incorporating this practice into daily life, individuals can develop a deeper relationship with God, increase their gratitude, and cultivate a more mindful approach to their thoughts and actions. As you embark on this journey of reflection, remember that the Examen is not just a ritual but a pathway to greater understanding and connection with the divine.

Whether you are new to the practice or looking to deepen your commitment, the Examen offers a rich framework for exploring your spiritual life. Embrace the opportunity to pause, reflect, and grow—allowing the presence of God to transform your everyday experiences into moments of grace and insight.

# Frequently Asked Questions

## What is the Prayer of Examen?

The Prayer of Examen is a reflective prayer developed by St. Ignatius of Loyola that encourages individuals to review their day, recognize God's presence, and discern their thoughts and actions.

## How can I incorporate the Prayer of Examen into my daily routine?

You can incorporate the Prayer of Examen into your daily routine by setting aside a few minutes each evening to reflect on your day, recalling moments of gratitude, areas of struggle, and how you felt God's presence.

## What are the five steps of the Ignatian Examen?

The five steps of the Ignatian Examen are: 1) Gratitude, 2) Review of the Day, 3) Acknowledgment of Emotions, 4) Forgiveness, and 5) Hope for Tomorrow.

## Why is the Prayer of Examen important in Ignatian spirituality?

The Prayer of Examen is important in Ignatian spirituality as it fosters self-awareness, helps individuals discern God's will in their lives, and encourages a deeper relationship with God.

## Can the Prayer of Examen be adapted for group settings?

Yes, the Prayer of Examen can be adapted for group settings by guiding participants through a communal reflection process, sharing insights, and facilitating discussions on their experiences.

## What are some common challenges when practicing the Prayer of Examen?

Common challenges when practicing the Prayer of Examen include distractions during reflection, difficulty recalling the day's events, and struggling to be honest about one's feelings and actions.

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