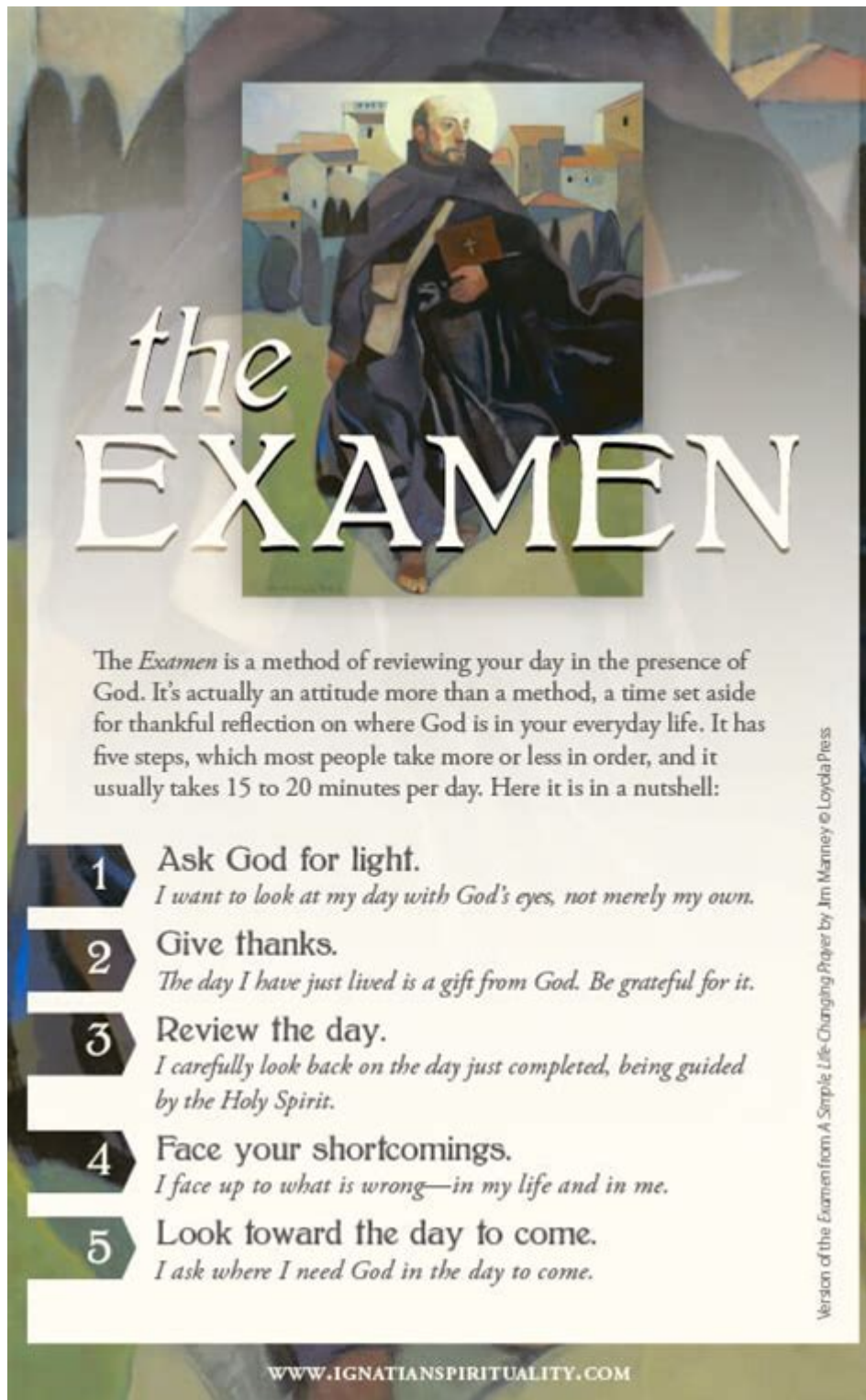


The Examen Prayer Card

The Examen Prayer Card features a central illustration of St. Ignatius of Loyola, a Jesuit priest, in a blue robe holding a book. The background is a stylized, colorful landscape with buildings and trees. The title 'the EXAMEN' is prominently displayed in a large, white, serif font. Below the title, a paragraph explains the Examen as a method of reviewing the day in the presence of God. A list of five steps follows, each with a numbered icon and a brief description. The card is attributed to Jim Marney and Loyola Press. The website www.ignatianspirituality.com is at the bottom.

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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The **examen prayer card** is an essential tool for many individuals seeking to deepen their spiritual life through the practice of the Examen, a reflective prayer developed by St. Ignatius of Loyola. This ancient practice encourages individuals to review their day with gratitude, discernment, and a focus on God's presence. The examen prayer card serves as a handy resource, providing guidance and structure in this introspective journey. This article will explore the significance of the examen, the components of the examen prayer

card, how to use it effectively, and its benefits for spiritual growth.

Understanding the Examen

The Examen is a form of prayer that invites individuals to reflect on their daily experiences, fostering a deeper connection with God. It is a cornerstone of Ignatian spirituality and is typically practiced at the end of the day, although it can be adapted for use at any time.

Historical Context

- St. Ignatius of Loyola: Born in 1491, Ignatius was a Spanish priest and theologian who founded the Society of Jesus (Jesuits). His experiences during recovery from a serious injury led him to a profound spiritual awakening, giving birth to the Spiritual Exercises and the Examen.
- Development: The Examen was developed as a method of discernment, helping individuals recognize God's presence in their lives and respond to it.

Structure of the Examen

The Examen typically consists of five steps, which can be summarized as follows:

1. Gratitude: Begin by acknowledging the blessings of the day.
2. Review: Reflect on the events of the day, identifying moments of joy, sorrow, and everything in between.
3. Reflection: Contemplate your feelings and reactions to those events, noting where you felt God's presence or absence.
4. Contrition: Acknowledge any shortcomings or sins, seeking God's forgiveness.
5. Hope: Look forward to tomorrow, asking for guidance and strength to improve.

The Examen Prayer Card

The examen prayer card is a practical tool designed to facilitate the Examen process. Typically, the card includes a brief overview of the Examen steps and prompts for reflection.

Components of the Examen Prayer Card

1. Title and Introduction: The card often starts with the title "Examen" and a brief introduction explaining its purpose.
2. Step-by-Step Guide: Each of the five steps of the Examen is listed, often with bullet points to provide clarity.
3. Reflection Questions: Many cards include specific questions to guide the user's reflection, such as:
 - What moments brought me joy today?

- Where did I feel challenged or frustrated?
- How did I experience God's presence?
- 4. Prayers: Some cards may include a closing prayer or invocation to help the user transition into a space of peace and contemplation.
- 5. Visual Elements: Many prayer cards feature beautiful artwork or imagery that inspires meditation and spiritual reflection.

Design and Format

Examen prayer cards can vary in design, but they typically:

- Are pocket-sized for convenience.
- Feature durable materials, often laminated or printed on high-quality cardstock.
- Use readable fonts and layouts to enhance clarity and accessibility.

How to Use the Examen Prayer Card

Using the examen prayer card effectively can transform your spiritual practice. Here's a step-by-step guide on how to incorporate it into your daily routine.

Preparation

- Choose a Quiet Space: Find a comfortable and quiet place where you can focus without distractions.
- Gather Your Materials: Have your examen prayer card, a journal, and a pen ready. Consider having a candle or soft lighting for ambiance.

The Examen Process

1. Set an Intention: Before starting, take a moment to set your intention for the Examen. You might ask for clarity, peace, or guidance.
2. Follow the Steps: Use the prayer card to guide you through each of the five steps of the Examen.
3. Reflect and Write: After each step, take a few moments to jot down your thoughts and feelings in a journal. This can help solidify your reflections and serve as a record of your spiritual journey.
4. Pray: Conclude your session with a prayer, asking for God's continued presence and assistance in your life.

Frequency and Timing

- Daily Practice: While the Examen is typically practiced at the end of the day, you may find it beneficial to do it at other times as well.
- Adjust to Your Schedule: Feel free to adapt the timing and frequency based on your personal needs and lifestyle. Whether it's once a day or a few times a week, consistency can enhance its effectiveness.

Benefits of Using the Examen Prayer Card

Incorporating the examen prayer card into your spiritual practice offers a variety of benefits that can enrich your life.

Spiritual Growth

- Increased Awareness: The Examen encourages mindfulness and awareness of God's presence in daily life.
- Deeper Reflection: The structured approach of the prayer card facilitates deeper reflection and self-examination.

Emotional Well-Being

- Stress Reduction: Many individuals find that reflecting on their day helps to alleviate stress and anxiety.
- Emotional Processing: The Examen provides a safe space to process emotions and experiences, fostering emotional health.

Enhanced Faith

- Strengthened Relationship with God: Regular practice can deepen one's relationship with God and foster a sense of trust and faith.
- Discernment: The practice aids in discernment, helping individuals make decisions aligned with their spiritual values.

Conclusion

The examen prayer card is a valuable resource for anyone seeking to deepen their spiritual life and enhance their connection with God. By providing a structured approach to reflection and prayer, it allows individuals to engage with their experiences meaningfully. Whether you are new to the Examen or have practiced it for years, the prayer card can offer fresh insights and inspiration on your spiritual journey. Embracing this practice can lead to profound personal growth, emotional well-being, and a more vibrant faith life.

Frequently Asked Questions

What is the Examen Prayer Card used for?

The Examen Prayer Card is used as a guide for individuals to reflect on their day and discern God's presence in their lives through the Examen prayer, a spiritual practice popularized by St. Ignatius of Loyola.

How can the Examen Prayer Card enhance daily prayer practices?

The Examen Prayer Card provides structured prompts that help individuals focus on gratitude, reflection, and self-examination, making it easier to incorporate meaningful prayer into their daily routine.

Who can benefit from using the Examen Prayer Card?

Anyone seeking to deepen their spiritual life can benefit from using the Examen Prayer Card, including individuals new to prayer, seasoned practitioners, and those exploring Ignatian spirituality.

What are the main components included in the Examen Prayer Card?

The Examen Prayer Card typically includes steps for the Examen prayer such as gratitude, review of the day, reflection on feelings, seeking forgiveness, and resolution for the next day.

Is the Examen Prayer Card suitable for group use?

Yes, the Examen Prayer Card can be used in group settings, such as retreats or prayer meetings, to facilitate collective reflection and discussion about personal experiences and spiritual growth.

Where can I obtain an Examen Prayer Card?

Examen Prayer Cards can be found in religious bookstores, online retailers, or through spiritual organizations that focus on Ignatian spirituality, often available for free download in PDF format.

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