

**The Examen**  
(source Irish Jesuits)



The Examen is a prayer of reflection over the day that helps us become more aware of the ways in which God has been present to us and the times when the Holy Spirit was drawing us toward 'life'. The Examen invites us to "find God in all things"-the ordinary things of daily life.

Take a moment to stop, to become still...Let your breathing help you relax as you notice its gentle rhythm in and out...As you begin your prayer, ask God to be with you, to guide your thoughts, feelings, and reactions, so that you might see God's presence in your life...

Now begin to recall the day...How were you at the beginning of today...  
What was happening, what sort of mood were you in...

How did you spend your morning and the middle of the day...  
Where were you, who were you with, and what was happening...

Now let your memory drift over your afternoon and evening, recalling events, and people, and places...

As you recall your day, become aware of how you were feeling at different times...Try to name for yourself the different feelings or moods that were present to you...

On the whole, has it been a good day, or one in which you struggled...

In particular, when do you notice times of life, or light, or energy...  
What gifts have you received today...Take a moment to relish these and to give thanks for them...

If there have been difficult times, notice these too, taking them to God, for God to send life and warmth into them...

So where have you known the God of 'life' today...Take a moment to talk to God, as you might to a friend, about your day...

As this day comes toward the end, and you look forward, is there anything you want to ask God for the coming days...Take a moment to do this before you bring your prayer to a close...