

The Examen
Finding God In All Things





Context of the Examen

The Examen is a popular way of praying and was developed by St. Ignatius Loyola (1491-1556), founder of the Society of Jesus (The Jesuits). He suggested that his brothers undertook a daily way of praying by examining their lives so they could better serve God.

St. Ignatius stated that the key to a healthy spirituality was to find God in all things and work constantly to gain freedom in your life in order to cooperate with God's will.

This daily exercise he called the Examen and he suggested that it should be prayed twice daily—with the practice allowing people to hear God in their hearts and with the daily practice be able to discern God's will for them in their lives.

Making time for prayer allows you to fully feel God's presence in your life and enter into a deeper more intimate conversation with Jesus.

The Examen takes about 15mins to complete. There are 5 simple steps and the prayer can be made anywhere.

The Examen is a simple prayer, a prayer for busy people who are continually seeking to do God's will.

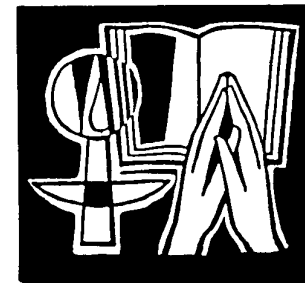
Finding God in all things

“The Word of God is very near to you, it is in your mouth and in your heart for your observance. See, today I set before you life and prosperity, death and disaster...Choose life.” (Dt 30:14, 15, 19)

This small prayer, the Examen of Consciousness, is the heart of the spirituality developed by St. Ignatius Loyola and his followers. If practiced once or twice daily, it will help move you closer to the heart of Christ in all your thoughts and deeds.

It enables us to open our heart more fully to the will of God in our lives and recognise God's presence in everything, as we go about our daily tasks.

(Adapted from “Examen of Consciousness: Finding God in all things” by Phyllis Zagano)





As together we pray as Jesus taught us:

Our Father, who art in Heaven,
Hallowed by thy name;
thy Kingdom come, thy will be done
on earth as it is in heaven;
give us this day our daily bread,
and forgive, us our trespasses
as we forgive those who trespass
against us,
and lead us not into temptation,
but deliver us from evil.
Amen.

Prayer:-

Lord God,

We entrust ourselves to your will.
Let us be open to your presence
tomorrow,
Not just at the end of the day but
throughout the day.
Assist us in all that we do.

We ask this through Christ Our Lord

Amen.

Stilling:-

Take the opportunity to relax and feel attentive and open to God.



5 Aspects

- **Recall you are in the presence of God.**
 - We are always in the presence of God but in prayer we place ourselves in God's presence
 - Ask the Holy Spirit to help you look at your life with love this day.
- **Look at your day with gratitude.**
 - Begin to give thanks to God for the gifts of the day.
 - Take special care to notice what you have received and what you gave.
 - As you complete the review of your gifts and the particular gifts of the day, pause to thank God for all of these.
- **Ask help from the Holy Spirit.**
 - Look at the ways you have responded to God's gracious gifts and love this day.
 - Ask the Holy Spirit to come into your heart and help you look at your actions clearly with an understanding of your limitations.
 - Do not judge what comes to you ,it is a gentle look with the Lord on how you have responded to God's gifts.

- **Review your day**
 - This is the longest of the steps
- **Review your whole day**
 - Notice the details.
 - The context of what happened.
 - How you acted.
 - Your motives.
 - Your feelings.
- **When did I fail?**
 - Where you did not feel at your best.
 - Where there was a barrier to God's presence.
 - How conscious have you been of God's presence and actions in your life?
- **When did I love?**
 - Where did you give genuine love and charity.
- **Habits and Life Patterns**
 - Notice your daily habits are they dragging down your freedom?
 - Are specific people causing you to be negative?
- **See both the positive and negative.**
 - Where has Jesus helped you have a positive response to life.
 - Maybe you could have accepted more help from Christ.
 - Let yourself become more sensitive to God's grace.



- **See other forms of God's presence**
 - You will also notice the signs of God's grace that have come to you.
 - Through God's people.
 - The Body of Christ.
 - Scripture.
 - These graces, the intuitions of the things God wishes you to do, will come inside and outside of other regular prayer.
- **Reconcile and Resolve.**
 - Repetition allows us to be more open to God.
 - Our heart to heart talk with Jesus is the fruit of this repetition.
 - Imagine Jesus sitting beside you.
 - Maybe there is something you did wrong—now is the time to tell Jesus you are sorry and ask Him to be with you the next time a similar situation arises.
 - Remember all the good things and thank the Lord for being with you when you avoided a wrong choice or resisted an old temptation.
 - Feel the sorrow in your heart when you apologise but also the gratitude when you give thanks for God's gentle work inside your heart .
 - What are your needs for tomorrow? Ask for God's help and guidance.