

TIME OF REFLECTION: THE EXAMEN

INTRODUCTION:

A simple, reflective way of stilling ourselves to pray at the end of a day.

STYLE OF PRAYER:

This works best on your own

WHERE DID IT COME FROM?

Ignatian spirituality emphasises that we can find God in every circumstance, and The Examen, practiced by St Ignatius of Loyola, is a way to focus back on God.

HOW TO PRAY THE EXAMEN:

1. REPLAY - Think over your day like a movie replaying in your head. Notice what you are noticing. What made you happy? What made you anxious? What made you angry?

2. REJOICE - Thank God for those things which are obvious. But also thank Him for non-obvious things which we sometimes forget – random acts of kindness, being healthy, a positive song or meal. Relish and savour these moments in gratitude to God.

3. REPENT - Say sorry to God for moments that come to into your mind as you review the day e.g., getting involved in gossip, reacting with a tone that was aggressive, lacking compassion in a situation, ignoring a need, not responding to a nudge. Receive His forgiveness afresh.

4. REBOOT - Make a decision in your heart to live for and walk with Jesus tomorrow, and ask for grace to see His presence more clearly.

The Examen can take five minutes or one hour. If you do it once - it will be useful - if you do it every day, it can bring transformation. Be careful (as with any prayer tool) that it doesn't become simply another duty.

Think of it as a way to dialogue with God in friendship – holding the practice in context of relationship.

