



# The Prayer of Examen

Adapted from Rev. Ken Wettig's "Space for God" session





# What is the Prayer of Examen?

- The **Prayer of Examen** is a prayer of reflection over your own life and God's presence with you
- Typically prayed at night, but morning also works
- Popularized by **St. Ignatius of Loyola**
- 4 steps: Invocation, Reflection, Enlightenment, and Invitation

# I. Invocation

Making yourself present to the presence of God.



## Some Ideas:

Light a candle

Take a few deep breaths

Read a passage of scripture

(Psalm 139:7-10 is a good choice)

# II. Reflection

Recalling and examining your day.



**Close your eyes and reflect moment-by-moment  
over your entire day from morning to night.**

What's on your heart?

What's on your mind?

Where are you?

What are you doing?

What are you grateful to God for?

# III. Enlightenment

Examining your day again with God by your side.



**Examine your day again.** But this time, imagine God is sitting next to you and you are both watching your day go by on a screen:

What do you observe?

How does God's presence change the way you see, think, or feel about your day?

# IV. Invitation

Considering God's invitation to you.



**Ask yourself:**

What did God reveal to you during your reflection?

How is God inviting you to respond?

Close your time with a deep breath.

# Resources

- The Prayer of Examen "Space for God" session\*  
with **Rev. Ken Wettig** (Coracle Community  
Minister to the Shenandoah Valley)

\*Find this in the "7 Days of Spiritual Practices"  
Space for God Collection

- *Prayer: Finding the Heart's True Home*  
by **Richard Foster**

