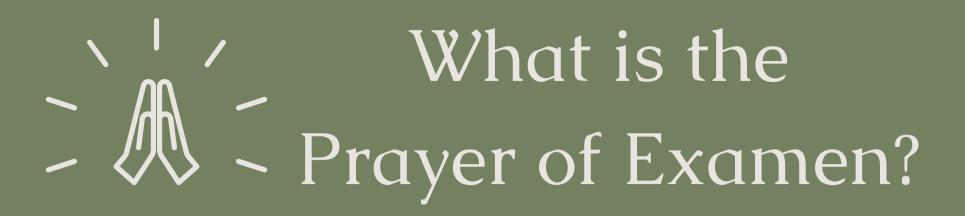


The Prayer of Examen

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





- 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

