

The Prayer of Examen



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, & 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 for Continued Growth

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

- Scan with your smartphone to access **Ken Wettig's** devotional session on the Prayer of Examen as well as explore more spiritual practices in the "**Space for God**" collection.

Space for God

