



The Daily Examen

The Examen, or examination of conscience, is a simple prayer which helps us see God at work in our lives. It is often prayed at the end of the day. The prayer was popularized by St Ignatius of Loyola, the founder of the Jesuit Order, in his *Spiritual Exercises*. On the back of this card are five steps to help you pray the examen at home. With them, day by day, the hope is that you will find God's presence become clearer and feel nearer to you.

1. Remember God's **presence**: surrounding us, within us. In prayer God comes closer still. Ask God to be with you as you pray.
2. Walk through your day in the presence of God and give **thanks**. Focus on the day's gifts, hour by hour: nothing is too small.
3. Pay attention to your **emotions** and reactions as you review the day. What is God saying through these feelings? God may show you shortcomings and you may feel sorry. Look for new directions to take.
4. Remember God's mercy and **grace** as you ask him to guide your focus of prayer to a joy or a sorrow, small or large. Pray through it, whether you are asking, thanking, praising or saying sorry.
5. Look towards the day to come in **hope**, and ask for fresh light for what is to come.