



# Prayer of Examen

In recognition of God being the One who tells us the truth about our brokenness and rescues us from sin, we practice self-examination.

*“Self-examination is a process whereby the Holy Spirit opens us to what is true about us. It is a way of opening ourselves to God within the safety of his love, so that we can authentically seek transformation. Confession embraces Christ’s gift of forgiveness and restoration while setting us on the path to renewal and change.”*  
- Adele Ahlberg Calhoun, *Spiritual Disciplines Handbook*

The prayer of examen was developed by Ignatius of Loyola in the sixteenth century as a discipline for discerning God’s will and becoming more attentive to God’s presence.” It is a way of inviting God to “search us and know us” as David did in Psalm 139. The following is adapted from Sharon Garbough Brown’s Prayer of Examen.

## Review the Day

As you begin to pray, still and quiet yourself. Ask the Holy Spirit to guide and direct your thoughts as you prayerfully review the day. Notice where the Spirit invites you to *linger and ponder*...

## Self-Examine

Here are some reflective questions to help you prayerfully self-examine:

1. When were you aware of God’s presence today?
  - When did you sense God’s absence?
2. When did you respond to God with love, faith and obedience (live in the light)?
  - When did you resist or avoid God (live in darkness)?
3. When did you feel most alive and energized?
  - When did you feel drained of life and energy?

## Confess

Having reviewed the details of your day, confess what needs to be confessed. Thank God for rescuing you from sin and forgiving you for the sins you confessed.

## Resolve

Finally, consider : How will you live attentively in God’s loving presence the rest of the day, or tomorrow?

Ask for the grace to recognize the ways God is inviting you to live as a child of the light and for the Spirit’s strength to do so.