

A TOOL FOR PRAYER

(THE PRAYER OF EXAMEN)

HISTORY OF EXAMEN:

Ignatius of Loyola experienced a radical conversion around 1520. He went on to write a book entitled *The Spiritual Exercises*. In that book, he described a daily practice that came to be known as “the Examen” or “The Prayer of Examen.” Followers of Jesus have been using Examen as a prayer exercise for nearly 500 years.

PURPOSE OF EXAMEN:

The purpose of Examen is to become more aware of God’s presence in daily life. Ignatius believed God’s presence was not confined to church buildings or Sunday services; His presence could be discerned in all of the moments of our day. Examen can help you begin to build conversational intimacy with God as you pray throughout the day. While you might go through the Examen process at the beginning or end of your day, what God reveals to you as you pray and reflect can help you see God at work and meet Him in all the moments of your day. Use Examen to begin to talk to God about all of your life all of the time.



PRACTICES



A TOOL FOR PRAYER

(THE PRAYER OF EXAMEN)

HISTORY OF EXAMEN:

Ignatius of Loyola experienced a radical conversion around 1520. He went on to write a book entitled *The Spiritual Exercises*. In that book, he described a daily practice that came to be known as “the Examen” or “The Prayer of Examen.” Followers of Jesus have been using Examen as a prayer exercise for nearly 500 years.

PURPOSE OF EXAMEN:

The purpose of Examen is to become more aware of God’s presence in daily life. Ignatius believed God’s presence was not confined to church buildings or Sunday services; His presence could be discerned in all of the moments of our day. Examen can help you begin to build conversational intimacy with God as you pray throughout the day. While you might go through the Examen process at the beginning or end of your day, what God reveals to you as you pray and reflect can help you see God at work and meet Him in all the moments of your day. Use Examen to begin to talk to God about all of your life all of the time.



PRACTICES



PRACTICING THE EXAMEN :

Start or end your day twice this week with the Examen. Set aside 15-20 minutes. Tell someone you trust about the time and place where you plan to practice this week. Connect with them later to share your reflections.

1. **DISCONNECT:** Set aside all distractions - phone, computer, TV, etc. (Psalm 46:10)
2. **PREPARE:** Get out a pen and paper. Avoid using your phone because of interruptions. (John 15:26-27)
3. **ENGAGE:** Invite God to guide your heart and mind during this time. (James 4:8)
4. **GRATITUDE:** Ask yourself "Where did I see God at work or encounter Him today?" Write down your responses, giving thanks for His blessings. (Psalm 103:1-4)
5. **AWARENESS:** Review the events of this day or the previous day (depending on when you do Examen). What happened? What did you learn? What are you feeling? Write down your responses. (Psalm 139:7-10)
6. **CONFESSION:** Confess your sins to God - choices you made, words you spoke, and opportunities you missed. Close your eyes and consciously receive God's forgiveness. (1 John 1:9)
7. **SURRENDER:** Consider your plans and schedule for the day ahead. With your palms open and facing down, surrender those plans and yourself to God in prayer. (Psalm 90:12)
8. **INTERCESSION:** Consider the needs and concerns of the people in your life. Pray for and entrust those needs and concerns to God's loving care. (Ephesians 6:18)
9. **CLOSE:** Close with the Lord's prayer. (Matthew 6:9-13)
10. **APPLICATION:** Take what you discovered from Examen into the day with you. Look forward to meeting God and growing your intimacy with Him.

PRACTICING THE EXAMEN :

Start or end your day twice this week with the Examen. Set aside 15-20 minutes. Tell someone you trust about the time and place where you plan to practice this week. Connect with them later to share your reflections.

1. **DISCONNECT:** Set aside all distractions - phone, computer, TV, etc. (Psalm 46:10)
2. **PREPARE:** Get out a pen and paper. Avoid using your phone because of interruptions. (John 15:26-27)
3. **ENGAGE:** Invite God to guide your heart and mind during this time. (James 4:8)
4. **GRATITUDE:** Ask yourself "Where did I see God at work or encounter Him today?" Write down your responses, giving thanks for His blessings. (Psalm 103:1-4)
5. **AWARENESS:** Review the events of this day or the previous day (depending on when you do Examen). What happened? What did you learn? What are you feeling? Write down your responses. (Psalm 139:7-10)
6. **CONFESSION:** Confess your sins to God - choices you made, words you spoke, and opportunities you missed. Close your eyes and consciously receive God's forgiveness. (1 John 1:9)
7. **SURRENDER:** Consider your plans and schedule for the day ahead. With your palms open and facing down, surrender those plans and yourself to God in prayer. (Psalm 90:12)
8. **INTERCESSION:** Consider the needs and concerns of the people in your life. Pray for and entrust those needs and concerns to God's loving care. (Ephesians 6:18)
9. **CLOSE:** Close with the Lord's prayer. (Matthew 6:9-13)
10. **APPLICATION:** Take what you discovered from Examen into the day with you. Look forward to meeting God and growing your intimacy with Him.