

The Examen Prayer

This outline is based on Ignatius's presentation of the examen in the *Spiritual Exercises* (n.43). And is altered from Fr. Gallagher's book *The Examen Prayer*.

Transition: *Humilitas & Caritas*. I become aware of the love with which God the Father looks upon me as I begin this examen.

Step One: *Gratitude*. I note the gifts and blessing that the Father's love has given me this day, and I give thanks to Him for his grace.

Step Two: *Petition*. I ask the Holy Spirit for an insight and strength that will make this examen a work of grace, fruitful beyond my human capacity.

Step Three: *Review*. With Jesus, I review the day in general. I look for and at the stirrings in my heart and the thoughts that have been from God and not from Him this day. I review my choices in response to both.

Step Four: *Forgiveness*. I ask for the healing touch of our merciful Father who, with love and respect for me, heals my heart's burdens.

Step Five: *Renewal*. I look to the following day and, with the Holy Spirit, plan concretely how to live it in accord with God's loving plan and desire for my life.

Transition: Aware of God's presence with me, I prayerfully conclude the examen.