

## One Example of an Examen

**YES**, here I am Lord, to have a few minutes quiet time with you. It is good to be here and to think a bit about my day.

**ASK**, for the grace to see the day as God sees it.

**THANKS** for all the day has been and for all your gifts. These are the moments that come to mind when I think about saying “Thank you”

**SORRY** for the moments of selfishness and unkindness and any other times when I did not manage to be your hands, Jesus, your feet, your eyes, your love, your compassion for the people around me.

**PLEASE** give me a nudge if there was something you were trying to tell me today when I wasn't paying attention! And promise you'll be with me all through tomorrow too, Amen

*Adapted by Ruth Casey fcl*



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## The Awareness Examen Examen of Consciousness The Examen



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### What is the Examen?

The Examen is a prayer that helps us look back over a set time in the day with God? The important thing to remember is it is not a prayer of judgement, but a prayer of review.

### What am I reviewing?

You are reviewing with God the day (or period of time) you have just lived. This may include your actions, your inactions, your attitudes and feelings, anything that has made up your day.

## What am I looking for?

You are looking with God for the lights and the shadows within your day. Another way of saying this may be that you are looking for the ways you have worked well (cooperated) and the ways you have maybe got in the way (not cooperated) with God during the day.

## Why do I bother?

Our whole lives are a journey of discovery with God. As people of prayer we are living in relationship with God and responding to God at work in our lives. Like all relationships it is good to get to know each other better and spend time with each other. This is prayer. In praying the Examen we allow our friend, to help us to see the ways we have worked well together and the opportunities for growth that are still there.

## Why is this prayer so important in the Ignatian tradition?

Ignatius was a sinner, like all of us he wanted to get it right but didn't always manage it. He was also someone who knew in his head and his heart that God dealt with him on a personal level. His wisdom that has passed down through the centuries is that our relationship with God is personal, it's about how God and I work together (or don't) and the more aware we are in this, the better, more free we are to respond to God's ongoing invitation in our lives. Some say that Ignatius used to say to his newly professed Jesuits who were balancing study and work and community that even if they ended up missing their personal prayer, they should never miss the Examen.

This gives us a sense then of its importance to him and therefore why it could be important to us.

## How do I pray the Examen?

There are many different ways to do this prayer. You can find resources on any of the following websites:

<https://www.jesuit.org.uk/spirituality/examen>

<https://soundcloud.com/jesuitsinbritain/sets/examens>

<https://www.jrsuk.net/examen/>

Whatever version you choose there are generally **five key elements**:

1. Becoming present to God, aware that you are in God's presence.
2. Asking for the grace.
3. Looking back over your day with God and giving thanks for what has been received and experienced. Saying thank you.
4. Becoming aware of the ways you have perhaps not allowed God into your life so closely, or not cooperated with him and saying sorry.
5. Asking God to be with you in the time ahead and help you to continue to grow in freedom with and for him.