The Examen

is a daily exercise from the *Spiritual Exercises* of St Ignatius Loyola

which begins with gratitude,

and, in God’s sun light,

is curious and attentive to that which leads to consolation/desolation,

using the ‘test’ of faith, hope and love,

so I can discern better and intentional choices to make,

resulting in more generous action.

That’s the ‘quis’
Find a comfortable sitting position, and whilst listening to the calming music, focus on your breathing, becoming aware of every breath in, and out.

Become aware that you are in the holy presence of God
Showing Your Gratitude

Call to mind two or three things from today that you are thankful for. Maybe notice some things you have taken for granted.
Ask God to be by your side as you come to review your day. Ask for his wisdom and guidance to help you notice where he has been present in your day.
Reviewing Your Day

Replay in your mind some of the moments where you have been you at your best, and some of the moments where you have let yourself down. Moments that have uplifted you, moments that have drained you.
Talk with Jesus about those things you have noticed that you are sorry for. Listen to the stirrings in your heart indicating Jesus’ response to you.
Looking to the future

20 secs

Talk with Jesus about those things you would like to make a commitment to change for tomorrow.
Remember God is Love and God Loves You!