

The Examen

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

which begins with **gratitude**,

and, in God's  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 "rays"



15
secs



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

40
secs



Become aware that you are in the holy presence of
God



hopeful
curious
wise
grateful
discerning
compassion
loving
learned
prophetic
discerning
compassion



Showing Your Gratitude

20
secs



Call to mind two or three things from today that you are thankful for. Maybe notice some things you have taken for granted.



hopeful
curious
wise
grateful
discerning
compassionate
loving
hopeful
curious
wise
grateful
discerning
compassionate



Ask for a Light to Guide You

20
secs



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.



hopeful
curious
wise
grateful
discerning
compassionate
loving
hopeful
curious
wise
grateful
discerning
compassionate



Reviewing Your Day

60
secs

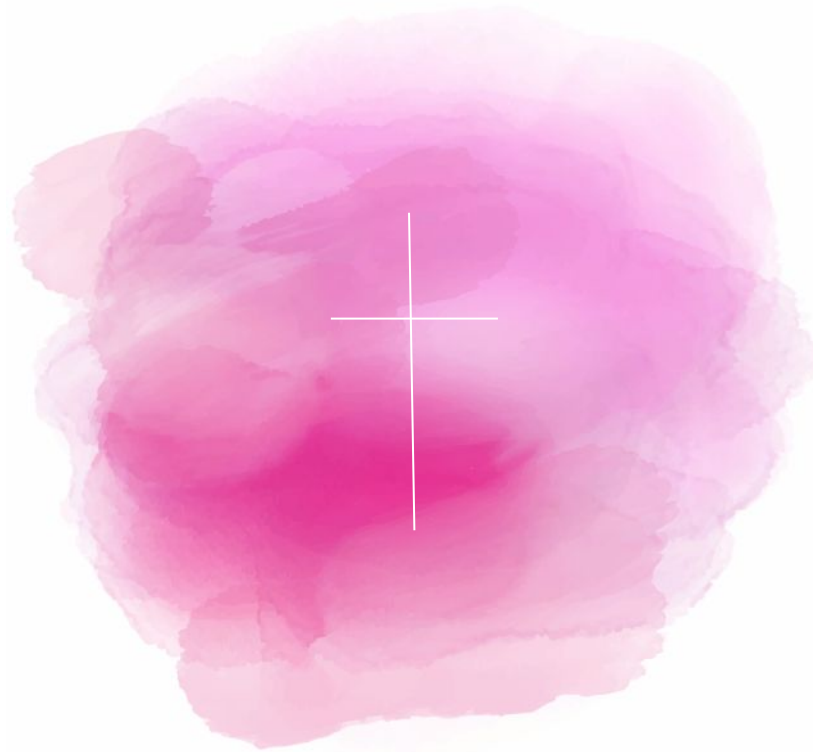


Replay in your mind some of the moments where you have been you at your best, and some of the moments where you have let yourself down. Moments that have uplifted you, moments that have drained you.



Ask forgiveness

20
secs



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.



hopeful
curious
wise
grateful
discerning
compassionate
loving
prophetic
learned
gracious
eloquent
entirely
filled
loving



Looking to the future

20
secs



Talk with Jesus about those things you would like to make a commitment to change for tomorrow.



lovely hopeful
entive learned curious
-filled wise
erous learned grateful
eloquent prophetic discern
ional compassion



The End



Remember God is Love and God Loves You!