

Five Steps for Practicing Daily Examen

For more than 400 years ago, St. Ignatius of Loyola encouraged prayer-filled mindfulness by proposing what has been called the Daily Examen. It's a technique for prayerful reflection related to events of the day, helping us to be aware God's presence in our lives. Use this prayer practice at the end of a meal, at the end of a family gathering, or at bedtime.

STEP 1 | BECOME AWARE OF THE PRESENCE OF GOD.

- Recite "Be still and know that I am God."
- Become aware of your breathing; focus on your setting or scripture passage.
- Position yourself in ways to be more open to God's presence.

STEP 2 | REVIEW THE DAY WITH GRATITUDE.

- Walk through your day in the presence of God and note its joys and delights.
- Thank God for the people you encountered throughout the day.
- Thank God for sights you experienced (nature, artwork, billboards).
- Thank God for the sounds you observed (birds chirping, music, etc.).
- Thank God for the smells of today (ocean breeze, food cooking, coffee brewing, flowers, etc.).
- Thank God for the moments of delight, joy, and laughter.

STEP 3 | PAY ATTENTION TO YOUR EMOTIONS.

- Reflect on the feelings of impatience, anger, jealousy, or detachment you experienced today.
- Reflect on the feelings of joy, generosity, and openness you experienced during the day.
- Ask what God is saying through these feelings.

STEP 4 | LOOK TOWARD TOMORROW.

- Ask God to give you light for tomorrow's challenges.
- How might God use you?
- What do you need to let go of or resolve?
- How might you start fresh as a new creation in Christ?

STEP 5 | END THE DAILY EXAMEN WITH A CONVERSATION WITH JESUS.

- St. Ignatius encouraged people to talk to Jesus like a friend.
- Ask Jesus for His protection and help.
- Ask Jesus for His wisdom about the questions you have and the problems you face.
- Do all this in the spirit of gratitude.



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