

The Examen Prayer **—St. Ignatius of Loyola—**

Recall your Relationship with God

- God is the Almighty Creator and yet God is present in all things and remains with us, for God is always God-with-us. But who is God for you? Recall *specific moments from your life* that have been significant in your relationship with God and thank God for the ways that he has been with you over the course of your life.

Ask for what you Desire

- What do you need today? Be as specific and as real as possible.

Recall the moments of God

- Walk through your day. Remember the different rooms you were in, conversations you had, thoughts that occupied your mind, feelings that filled your heart. It might help to just remember the different phases or major moments of your day as they happened, one after the other.
 - In these moments, where was God? How was God present in the people that you talked to, the things you saw, the thoughts you had, the words you spoke, the actions you chose, etc. Allow God's presence and gentle action to emerge in your memory. Even ask God, "Where were you present today?"
 - Rest in these moments. What is God like in these moments? Explore God with you.
 - Thank God for being with you, in your own words.

Name the moments of Tension and your own Weakness

- Where or when throughout the course of today did you experience a lack of God? A lack of peace or patience, a moment of restlessness, an argument, a fear, a preoccupation, etc. Try to name this experience. None of us are perfect and we all depend on God, so when we raise our needs and experiences of lacking in being-with-God we open those areas of our lives up for God to enter into them more clearly.
 - What led to the experience of feeling the tension or weakness?
 - Thank God for these moments of reality and ask God to enter into your reality.

Talk with Jesus as you would a close Friend

- After having reviewed God's being-with-you throughout this day, what would you like to say to God? Where is God speaking to you? Where is God calling you to pay more attention or be more present? In a normal conversation with God, as two friends talking to each other about their day, look to the future. What is coming next? How can you best prepare with God?
 - Finally, thank God in your own words for all of the ways that he has been with you. Say together with Jesus, Our Father...

Patient Trust

Above all, trust in the slow work of God.
We are quite naturally impatient in everything
to reach the end without delay.
We should like to skip the intermediate stages.
We are impatient of being on the way to something
unknown, something new.

And yet it is the law of all progress
that it is made by passing through
some stages of instability—
and that it may take a very long time.
And so I think it is with you;
your ideas mature gradually—let them grow,
let them shape themselves, without undue haste.

Don't try to force them on,
as though you could be today what time
(that is to say, grace and circumstances
acting on your own good will)
will make of you tomorrow.
Only God could say what this new spirit
gradually forming within you will be.

Give Our Lord the benefit of believing
that his hand is leading you,
and accept the anxiety of feeling yourself
in suspense and incomplete.

—Fr. Pierre Teilhard de Chardin, SJ