

Spiritual Practice of the Examen

St Ignatius of Loyola (1400's) designed a simple five-step routine for our daily Examen:

- *Relish the moments in my day that went well and all of the gifts I have today. (Thanks, and Gratitude)*
- *Request the Holy Spirit to lead me through my review of the day.*
- *Review the day. (Taking time to listen to the Holy Spirit's prompts)*
- *Repent of any mistakes or choices that I made that weren't God's desire for me.*
- *Resolve, in concrete ways, to live tomorrow well and to walk in my identity as a new creation.*

Start with thanksgiving.

I begin by giving God thanks for all the things I'm grateful for today. I allow my mind to wander as I reflect on the ways God has blessed me on this particular day. I allow big things and small things to arise—everything from the gift of my faith to the gift of my marriage, to the easy commute to work today.

Ask for the Spirit to help me review my day.

I ask Holy Spirit to lead me through the review of my day.

Review my day and recognise if any there were any choices that were not God's desire for me

I look back at my day and ask the Lord to point out to me the moments when I feel I have failed in big ways or small. I choose to take a look at the mistakes I may have made this day and take some time for self-reflection.

Ask for forgiveness and healing.

If I have sinned or made a poor choice, I invite God into that moment with me. If I have simply made a mistake, I ask for healing of any harm that might have been done. I ask for help to move forward. I also ask for wisdom to discern how I might better handle such tricky moments in the future.

Pray about the next day.

I imagine the things I'll be doing the next day, the people I'll see, and the decisions I'll be mulling over. I ask for help and guidance with any moments I foresee that might be difficult. I thank God for His love and guidance by His Spirit and that I am walking as His new creation, being transformed each day to look like Christ.