

## **THE EXAMEN, PART II**

DAY 4, MAY 14, 2020

### PRAYER EXERCISE – EXAMEN

- 1) I enter into God's presence. "Rest in it!"
- 2) Express thanks for one, two or three blessings, large or small
- 3) Notice the strongest feeling that you recall, perhaps there will be two strong feelings.
  - i. Did it draw you closer to God? [growth in faith, hope and love, more generous with you gifts and your time, feeling healthier, more whole?]
  - ii. Did it draw you further away from God? [less faith, hope, or love; more self-centered, playing it safe, drawing back, defensive? Was there an upset?]
- 4) Turn your attention again to God who is with you and rejoice or seek forgiveness.
- 5) Look ahead to tomorrow. What gift or grace do you want to have from God tomorrow that will have you at your best?
- 6) Close with an Our Father, or with a bow, or with the Sign of the Cross.

You may also want to look at more Examen's like the one we closed the talk with today. The app is free, or you can buy the book. Reimagining the Ignatian Examen (Mark E. Thibodeaux, SJ) Here's a good link:

<https://www.ignatianspirituality.com/reimagining-examen-app/>



Deepen Your Relationship with the Risen Lord:  
An Introduction to Ignatian Spirituality  
St. Raphael the Archangel Catholic Church