

## **THE EXAMEN**

DAY 3, MAY 13, 2020

FIVE STEPS OF THE IGNATIAN EXAMEN:

**GRATITUDE:** *What am I grateful for?*

**ASKING FOR LIGHT:** *Lord, let me see myself through your eyes!*

**REVIEW THE DAY:** *Where did God find me today? Where did He tug at my heart?*

**REPENT:** *I speak to God about my sins; i ask for God's mercy.*

**RESOLVE:** *To be closer to God tomorrow, to be a better disciple!*



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

**A few Scripture Passages to Help your Prayer**  
***(esp. Useful for Examen, Part the first):***

***Matthew 7: 24-27 The Two Builders***

***Psalm 51; also Ps. 121 --the Lord seen as the Guardian and our Refuge...***

***2 Corinthians 4: 7-11 - Paul finds trusting in God is important --even because of weakness. . . .***

