

Examen -- St. Ignatius Loyola Prayer Process

This is based on a prayer process that goes back to St. Ignatius of Loyola in the 1500's. Try it at the end of each day -- or as many days as you can make time for it. Don't let a skipped day or two make you feel like abandoning the prayer process. At the end of the day take these five steps.

- 1 "Turn down the volume" - find some peace and quiet for reflection and **ask God to spend quality time with you**
- 2 Review the day & write down some of things that were part of your life during that day and for which you are now **grateful**-- just a few words
- 3 Review the day & write down some of the **feelings** that you experienced over the day -- just a few words, positive or negative feelings
- 4 Choose and write down one of those feelings and **discuss it with the Lord in a prayerful way**
- 5 Look ahead to tomorrow & write down tomorrow's **biggest area of concern**; ask the Lord for help

| Day | Date | Things I am grateful for today | Some feelings of the day | A feeling to pray over | Tomorrow's biggest concern |
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| Day | Date | Things I am grateful for today | Some feelings of the day | A feeling to pray over | Tomorrow's biggest concern |
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