

## Daily Examen

A great way to pray is to look for God's presence in your life. Over 400 years ago St. Ignatius Loyola encouraged prayer-filled mindfulness by proposing what has been called the Daily Examen. The Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and to discern his direction for us. Try this version of St. Ignatius's prayer...

# *The Daily Examen Prayer*

### **1. Become aware of God's presence.**

Look back on the day and note the times you felt God was with you, assisting. Feel God with you now and ask to become more conscious of God's presence. It may be helpful to repeat a phrase like, "Be still and know that I am God" (Psalm 46v10), or any other prayer that connects you to a Higher Power.

### **2. Look back with gratitude.**

Review the past 24 hours and notice what you're thankful for. What happened to make you feel blessed? Take a moment to give thanks to God for providing you with these blessings.

### **3. Take an honest look at your day.**

Note everything that happened over the course of the past 24 hours, your interactions with others, and your emotions. We often rush through each day, not pausing to reflect. Doing a deep, honest reflection of the past day causes us to learn more about ourselves and improve our future actions.

### **4. Choose one part of the day, and pray about it.**

From doing your review, you might find something God is directing you to work on - an emotion, a relationship that needs mending, an unpleasant situation. Pray for it, ask God's guidance to resolve it.

### **5. Pray for tomorrow.**

Ask God to guide you tomorrow, leading you to your highest purpose. Send love and light to tomorrow, praying for wisdom and strength. Feel deep gratitude, knowing God has already answered your prayer and tomorrow is already blessed. Take some deep breaths, and know that all is well.