



LIVING THE MISSION PRAYER

AWAKEN RISK BLESS

PRAYER OF EXAMEN

INTRODUCTION

The Prayer of Examen is a prayer form developed by St. Ignatius of Loyola (1491–1556) as part of his work on “spiritual exercises.” It is often a prayer at the end of the day but may be used any time. It is a way of reviewing the day with God with the intent of examining our need for forgiveness and healing, reconciliation and recommitment.

SUGGESTED STEPS

1. I come before God in humble prayer. I am thankful for God’s Spirit and for all God does for me and for all people. And I gently enter into this time of prayer with God.
2. After asking for God’s enlightenment, I review my day. Where do I recognize God’s presence? Where was God’s Spirit touching me or someone else? In my thoughts and actions, when was I most Christ-like? When did I fall short?
3. I trust and receive God’s grace, forgiveness, and healing for any actions that may have been uncaring or harmful to other people, creation, or myself.
4. I look forward to tomorrow, with a decision to be more conscious of all of my thoughts, words, and actions. I determine to be more aware of God’s presence living within me and to act and respond as the Lord Jesus would.
5. I gently exit this prayer time by thanking God for this experience with God in remembrance, in gratitude for the gift of this day, and in determination that I will be more conscious of God’s presence tomorrow.

—Adapted from Marvin Rice, “Open Our Eyes,”
Healing the Body of Christ (Independence, Missouri: Herald House, 2003)