WORD OF LIFE CHURCH

FORMATION SCHOOL

Ignatian Prayer of Examen

The Ignatian Examen, or the Daily Examen, is a contemplative prayer exercise. During an Examen, one reflects on the current day, focusing on memories from the events of the day as a way of recognizing God's Divine Presence.

Often, the Prayer of Examen awakens us to God through routine or ordinary moments to illustrate the subtle and surprising ways God speaks. This prayer practice helps cultivate and refine discernment as well as an awareness of God's presence.

Traditionally, there are five movements or steps in the Examen. The following steps outlined below are adapted from the technique outlined in the Spiritual Exercises developed by Ignatius Loyola in the 16th century. St. Ignatius required his companions, the Jesuits, to practice the Examen daily at noon and before turning in for sleep.

Five steps to this prayer:
1. Acknowledge an awareness of God's Presence.
2. Review the day in a posture of gratitude.
3. Recognize a "consolation" and a "desolation" from the day.
4. Choose a "Desolation" to pray into.
5. Look with hope for a new tomorrow.

A *consolation* is an experience that causes you to feel fully alive, at peace, joyful, happy, comforted, whole, connected, your best self, etc. and could be understood as an experience in which you feel close to God.

A *desolation* is an experience that causes you to feel drained of energy, frustrated, irritated, angry, sad, sorrowful, alone, isolated, unaccepted, fragmented, less than your best self, etc. and could be understood as an experience in which you feel far away from God.

On your own walk briefly answer the questions below:

1. What can I do in this movement to acknowledge the presence of God?

2. What happened today that makes me grateful?

3. What was one consolation today?

   What was one desolation experience today?

4. How can I pray in response to that desolation experience?

5. What am I hopeful for as I think about tomorrow?

Offer a prayer inspired by these answers.