

Daily Prayer of Examen

The daily prayer of examen is an opportunity to reflect on your day and discover how God has been with you throughout your comings and goings. Ignatius of Loyola is the originator of this practice. He encouraged others to explore in reflection to see where God was at work in their lives and where they left God out. There is no “prayer” to follow; instead, there are guiding prompts so that you may develop your prayer with God as you reflect. I find that it is best to use the examen once or twice a day. If that seems too much, then I suggest meditating on what has transpired between the current examen and the previous one.

Give Thanks (Relish) – Start by thanking God. What did you relish?

- Thank you, Lord, for _____. Thank you for _____ that is provided through Jesus Christ.

Ask for Holy Spirit (Request) – Ask for Holy Spirit to fill you and direct your time so that you may be humble to receive and review.

- Fill me, Holy Spirit. Guide me through this time. Provide me with the grace and humility needed to see my day as you did, to see myself as you see me, and to see others as you see them.

Review and recognize Failures (Review) – Look back over your day and ask the Holy Spirit to guide you to moments when you did not live for God’s glory. This is not a condemning time, but a time to admit mistakes and seek to live the Kingdom life in Christ.

- Holy Spirit, lead me to remember the moments that I did not live for your glory. Reveal to me the times when I slipped into the world’s ways and forgot that I live in your Kingdom by your grace.

Ask for Forgiveness and Healing (Repent) – If you have sinned, ask for forgiveness. If you made a mistake, ask for healing and the humility to seek healing with others.

- Lord, my God, please forgive me for _____ by the blood of your Son Jesus, my lord and the only hope of salvation. Lord, help me forgive myself, for there is no condemnation for those in Christ Jesus. Heal me in mind, body, and soul so that I may praise you.

Pray for the next day (Resolve) – Pray over the day to come. Pray that God would be glorified in each moment of your coming day. Pray for the meetings you will be in, the things you will put your hands to, and the relational moments before you.

- Lord God, I pray that you would go before me into each moment of the day to come. I desire to join you there to see you and serve those you lead me to. Lord, let each moment that I live be an act of worship and proclamation of your glory. May I see your Kingdom come, and your will be done in the day ahead.