

Monday, November 1
Prayer for the End of the Day
Spiritual Examen

Spiritual Examen. The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. The Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience.

The method presented here is adapted from a technique described by Ignatius Loyola in his Spiritual Exercises. St. Ignatius thought that the Examen was a gift that came directly from God, and that God wanted it to be shared as widely as possible. One of the few rules of prayer that Ignatius made for the Jesuit order was the requirement that Jesuits practice the Examen twice daily—at noon and at the end of the day. It's a habit that Jesuits, and many other Christians, practice to this day.

This is a version of the five-step Daily Examen that St. Ignatius practiced.

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

Version #2. Adapted by Jeff Eddings

Be Still. Take a few minutes to quiet yourself before God. Consider where you felt God present in your day.

Be Thankful. Give thanks for the blessings that are yours in your life and specifically from this day.

Be Mindful. Go moment by moment through your day. Notice how you responded to different situations in the day. How were you feeling? Why might you have felt that way? Were there invitations from God in the course of your day? Where did you accept those invitations? Where did you resist them?

Be Repentant. To repent means more than to be sorry for my sins and disordered attachments. It means to have a change of mind and heart. Where do you need God to come in and change your mind and heart? Where do you need to seek forgiveness from God and from others? Or even from yourself?

Be Hopeful. Look to the next day with hope. Resolve to grow in grace, as God will grant you new opportunities to be formed in Christ. Pray for those opportunities and the people you may encounter in the day.