

## The Examen

originated by St. Ignatius of Loyola

*A Way of Praying  
Where We Take Full Responsibility  
for Ourselves, Our, Behavior, Our Life—  
in the Presence of God,  
by his Grace, and with his Help*

### Beginning

1. Light the candle
2. Make the Sign of the Cross
3. Recitational Prayer
4. Ask God to make his presence known to me

### Steps of the Examen

1. I ask God to reveal to me all the gifts and graces he has given me this day (or week).
2. I ask God for the courage to look at myself and my life realistically.
3. I review my day (or week) to see who I have been in my relationships, interactions and overall behavior.
4. I offer gratitude for the moments when I was living according to my true self and forgiveness for those moments when I was less than I know God created me to be.
5. I ask God to reinforce my vision of the person I know I am called to be, and I resolve to do my best to fulfill that vision.

### Closing

1. Are there any last words I wish to say to the Lord?
2. Make the Sign of the Cross
3. Blow out the candle