








A DAILY PATTERN OF PRAYER:
THE EXAMEN

-  What are the blessings in my life? Give thanks.
-  Where did I meet God or see God at work today?
Reflect
-  What happened in my day? What did I learn?
How did I feel? Reflect
-  Where did I fall short of God's will today?
Confess them to God
-  Offer tomorrow's plans, and myself, to God. Petition
-  Pray for the needs of others in my life. Petition
-  Close with the Lord's Prayer



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The Daily Examen is a pattern for daily prayer and reflection developed by St. Ignatius of Loyola in the 16th century. It is helpful to have a small journal or notebook handy to write as you reflect on each step. Each step is done in prayer and inviting the Holy Spirit to guide you. The Examen can be completed in ten to twenty minutes each day. Some pursue this at both midday and at bedtime. Others only in the evening.



ST. IGNATIUS OF LOYOLA 1491-1556