

The Examen – A Way of Proceeding

The examen (pronounced like “examine”) was popularized by Saint Ignatius as a way of organizing daily prayer that enables us to better listen for God’s voice in our lives. If used regularly, it can help us to see patterns in our lives and to notice the work of God in the everyday moments of life.

Regardless of which form you use, begin by sitting quietly for a time, becoming aware of your place in God’s presence and asking God to enable and enliven your time in prayer.

The classic Examen – This is the version of the Examen laid out by Ignatius in the *Spiritual Exercises*.

- a. Gratitude
- b. Asking for grace to know my sins
- c. Review of my day
- d. Asking God for forgiveness
- e. Asking for grace for tomorrow

Father James Martin’s Variation

- a. Gratitude
- b. Review of my day
- c. Asking for grace to know my sins
- d. Asking God for forgiveness
- e. Asking for grace for tomorrow

Jesuit Prayer app version

- a. Become aware of God’s presence
- b. Review the day with gratitude
- c. Pay attention to your emotions
- d. Choose one feature of the day and pray from it
- e. Look toward tomorrow

Two Pi – A prayer for engineers and other living creatures

- a. Thanks – gratitude
- b. Wow – praise and adoration
- c. Oops – repentance and seeking forgiveness
- d. Petition – asking on behalf of self
- e. Intercession – asking on behalf of others

Four Questions version

- a. Review – highs and lows (consolations and desolations)
- b. Who do I need to make amends to?
- c. Who do I need to forgive?
- d. Who or what am I grateful for?
- e. What will I intentionally do differently tomorrow?

Additional Examen Resources

[Examen page](#) at ignatianspirituality.com

[Loyola Press Ignatian Spirituality Page](#)

[Ecological examen](#) – an Examen focused on care of creation, by Joseph Carver, SJ