This is a simple guide invites us to remember God and the life God has given us.

The Examen

1. Recall you are in the presence of God.
   1. God has never left us: we just forgot God is there
   2. Think about God’s presence around you
   3. As you reconnect to God’s presence: what are your thoughts, feelings or observations?
2. Look at your day with gratitude.
   1. It’s easy for us to remember what went wrong in the day
   2. This step is to remind us to pull our eyes off *what is not* to remember *who is.*
   3. Shift your focus off yourself as the false center of the universe and redirect your heart toward the true God of the universe
3. Ask for help from the Holy Spirit.
   1. It is important that we invite the Holy Spirit to guide us during this step.
   2. This step is for us to “let go and let God” direct us to the light and truth.
   3. It acknowledges our dependence on God to instruct, guide, correct, and speak to us.
4. Review your day.
   1. Look back on your day like you are watching a movie on your day. Scene by scene. Hour by hour. Reflect on the reality and truth of your day. What were the sounds, smells, conversations, thoughts and feelings of the moments of your day?
      1. What were the highs and lows
      2. When did I fail
      3. When did I love
      4. Do I observe any habits or life patterns
      5. When did I see evidence of God’s presence
   2. Remember to review your day by listening to the whispers of truth and love from the Spirit.
5. Reconcile and resolve.
   1. Focus on the future
   2. Course correction, righting wrongs, and a fresh start
   3. It points us back to what all Jesus life came to offer
   4. Reminds us that God’s love for us never runs out; it brings us back to into the right relationship with God.
   5. Where might you need to reconcile with God or another person to make things right as soon as possible?

St. Ignatius would always end the Examen with the Lord’s Prayer.