



The Daily Examen

SAINT IGNATIUS of Loyola gave the Church a great gift—the **Spiritual Exercises**. Praying with the **Spiritual Exercises** helps us discover God's plan for us.

The Daily Examen is an important part of the Spiritual Exercises. When we pray the Daily Examen, we reflect on the events of the day so that we can discover God's presence and discern his will for us. The Daily Examen helps us recognize God's presence in our everyday lives.

The following steps are a version of the Daily Examen that we can use in our personal prayer.



Saint Ignatius of Loyola, 1882, engraving, London, England.



- 1. Become aware of God's presence.** Take a moment to reflect on all the blessings you have received from God throughout the day. Ask yourself, "How did God reveal himself to me in the events I experienced and the people I met?"
- 2. Review the day with gratitude.** Take a moment to thank God for the joys and delights you have experienced throughout the day. Ask yourself, "What joys have I experienced in my interactions with others? What sights, sounds, and smells have filled me with delight?"
- 3. Pay attention to your emotions.** Reflect on the feelings you have experienced throughout the day. Ask yourself, "Have any of my emotions drawn me closer to God or led me away from him? What might God be telling me?"

- 4. Choose one feature of the day and pray with it.** Ask the Holy Spirit to help you identify something from your day that seems especially important. It may be a feeling, an encounter, or a recurring thought you've had. Spend a moment reflecting on the experience and pray a prayer from your heart.
- 5. Look toward tomorrow.** Ask God for the grace to help you remain faithful to the call of discipleship. Then ask him to open your mind and heart so that you can continue to discover his presence in your everyday experience.

By praying this version of the Daily Examen, you can become more aware of God's action in your life so that you can find God in all things.