

All of us pray in different ways at different stages in our lives. Sometimes our way of praying changes as we grow in our relationship with God.

'The Review of the Day' – or 'The Examen' as it is sometimes called – is to pause and take time to prayerfully reflect on the events of the day in order to recognise the presence of God in our lives, and asking God to give us the grace to discern the way forward.

To reflect on our daily experiences in prayer is an ancient practice of the Church. However, St Ignatius of Loyola (1491-1556) gave this reflection a particular structure and the method presented here is adapted from the example as described by Ignatius of Loyola in his Spiritual Exercises.

Book suggestions

Gallagher, Timothy (2006) *The Examen Prayer, Ignatian Wisdom for Our Lives Today*. Crossroad Publishing Company.

Lonsdale, David (2000) *Eyes to See, Ears to Hear, Introduction to Ignatian Spirituality*. Darton, Longman & Todd Ltd.

Websites

www.ignatianspirituality.com/ignatian-prayer/the-examen

www.beunos.com/prayerexamen.htm

www.loyolapress.com

Front cover image: play.google.com



God in my Day

Review



How and where do we meet God in everyday life?

The Prayer Pack



Reviewing your day is a way of becoming more aware of where and how you meet God in everyday life.

It is also a prayerful way to let the day go into God's hands, so that you don't carry your anxieties and frustrations unobserved and unhealed into sleep and into the new day.

This way of reflecting has its origin in the Ignatian tradition and is referred to as 'Examen'.

"Be still and know that I am God"

Take a moment or two to find a comfortable position. Don't change your pattern of breathing, just notice that you are, and gently bring your awareness and focus inwards. **Be still.**

Transition

"You are precious in my eyes and honoured, and I love you." You are in the presence of God: in the presence of love. Become aware of that love with which God looks upon you.

Give thanks

Reflect on God's presence in your life today, the kindnesses you've experienced through His love for you, and the things that lifted your spirits – no matter how small.

Don't try to remember too hard, just see what emerges, and give thanks to God.

Ask God for understanding

Ask for enlightenment and guidance so that you may understand how God's love has been working with you throughout the day.

Review

With God, review your day. Look for the stirrings in your heart and the thoughts that God has given you this day. Look also for those that have not been from God. Review your choices in response to both and throughout the day in general.

Ask for forgiveness and healing

There may have been moments in your day when you failed to respond to God's love at work in you. Don't judge yourself harshly, just look at that experience and ask for forgiveness, trusting in God's love that removes your heart's burdens, casts out fear and binds up wounds.

Renewal

Bring to God any anxieties you may have about the days ahead, and ask for the gift of what you need most to help you live in accord with God's loving desire for your life. Trust in God.

Transition

Gently bring yourself back to the room and end your prayer by saying thank you or using words that are familiar, such as the Lord's Prayer (Our Father) – whichever feels right and comfortable.

