

EXAMEN

Presence of God

- Take 3 deep breaths, inhale slowly, exhale deeply.
- Place yourself in God's presence. You might want to imagine a Biblical scene where God was present: Moses & the burning bush; Moses on the mountain when God showed him his glory; Samuel when God called him while he was sleeping; Solomon's dream; Jacob in his dream; God at creation; etc.

Use all 5 senses to help yourself be truly present with God:

What do you see?

What do you smell?

What do you feel?

What do you taste?

What do you hear?

Examen**

- **Give thanks.** Give thanks for something in the past day, even if it's small.
- **Review.** Review what happened in your day and how you felt about it. It might help to review the day chronologically (what happened when I first got up, had breakfast, lunch, etc.), but don't focus on remembering everything — see what God causes to bubble up in your mind.
- **Reflect.** Reflect on the question of consolation (what made you feel alive and connected to love or God) and desolation (what made you feel isolated or far from God, or broke your heart). When did you feel connected to divine love, and when did you feel disconnected?
- **Mend.** Listen to where you need mending or need to make amends. Consider where there was hurt, misunderstanding, brokenness, or where you need to make amends.
- **Intend.** Set an intention and move on with love. Make peace with the day and move on with fresh intentions. Reboot. You may need to tie up some loose ends, but aim to do so with Jesus at your side. With what attitude and purpose do you want to take your next steps? What do you intend to do?
- **Gratitude (again).** Give thanks again for whatever occurs to you, as a reminder that you are not alone, that God is with you and loves you just as you are.

Lord's Prayer

Our Father, who art in heaven,
Hallowed be thy name,
Thy Kingdom come,
Thy will be done, on earth as it is in heaven.
Give us this day our daily bread,

And forgive us our trespasses
As we forgive those who trespass against us
And lead us not into evil
And lead us not into temptation, but deliver us from evil. For
thine is the kingdom, the power, and the glory,
Forever and ever. Amen.

Colloquy (Call-uh-kwee)/Intimate Conversation

Enter into an intimate, heart-to-heart conversation with the Lord about what has emerged in your prayer. Imagine yourself beside Jesus, talking and listening to him. You might be walking on a path together--the sidewalk by your house, a path in a park or beside a river or lake, on the beach, sitting beside you in your house or on a park bench, whatever helps you to feel Jesus is right there beside you. Talk to him and also be silent with him--listen and take in what he says if that happens. Sit peacefully in his silent presence even if you don't hear anything.

Journal

- Reflect on and write down what you felt in your prayer, the movements of your heart.
- What parts of the passage or your prayer stood out to you?
- If it helps you stay in prayer, you may wish to doodle or draw things that come to your mind.
- Perhaps there is a quote, poem, reading, or song that comes to mind — write it down.
- You may want to write down the words of a Bible passage, as a way of focusing on each word for deeper contemplation.

** Taken from the [Examen cards by Cobbleworks](#) and study sheets from workshops given at the Jesuit Retreat Center of Los Altos, CA. By Mavis Moon. For more: IgnatianSpirituality.com