

Free workbook

EXAMEN

This workbook will be your guide in learning and doing the prayer of Examen. The Examen has been used for over 1500 years by people all over the world, and now it can be used by you.

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what is?

EXAMEN

Examen is an ancient prayer practice constructed and lived by St. Ignatius of Loyola. It's a simple, yet strategic daily reflective prayer practice.

It's a practice where we're invited to notice and encounter the living God, to reflect upon the day in the love, grace, and mercy of God.

It's a time to notice where God was working, where our shortcomings were, where gratitude can abound, and where mercy and grace flow towards us and through us.

Most of all, it's a time to quiet our minds and settle into the presence of God as together with God we observe our day.

A DAILY PRAYER



BECOME AWARE OF GOD'S PRESENCE

You're coming to God in this moment. Find a quiet place where you can spend some time in reflection, a place where you can settle into God's presence. Breathe. Quiet your mind and body. Imagine God's gaze upon you and his welcome of you in this moment of being present to one another.



REVIEW THE DAY WITH GRATITUDE

Review the day with God. Ask God to give you his eyes. What were the gifts from today? Who did you interact with today? What did you receive from them? Give to them? What did you see today that brought you joy? God is in the details. As you look back, where did you see God?



NOTICE YOUR FEELINGS

Were there moments today that you felt fully alive? Times when you felt at peace? Comforted? Connected? Challenged? Your best self? Were there moments you felt close to God? Choose the moment you felt most grateful and savour it. Take some time to give thank. Choose a moment where you felt you blew it. Face your shortcomings in light of God's mercy and grace.



RESPONSE TO GOD

In light of your review, what is your response to God? Perhaps you feel to offer a song of praise, a prayer of gratitude, a prayer of renewed commitment, a request to enable you to walk more wholeheartedly in the love of God.



LOOK AHEAD

As you look towards tomorrow, what comes to mind? With what spirit do you want to enter tomorrow? Conclude your time when you feel ready.