

The Examen



This version of the Ignatian Examen has been adapted for usage on *The Digital Examen* podcast, produced by InterVarsity Press.

This ancient Christian practice is intended to help you thoughtfully examine your days with God through five key movements.

1 Invitation

Take a few moments to pause, breathe deeply, and devote your attention to God. Ask the Holy Spirit to deepen and heighten your awareness of God's presence with you.

2 Gratitude

Think over your day, asking the question: "What are the experiences and opportunities in the last 24 hours for which I can be grateful?" Thank God for these gifts and moments.

3 Reflection

Reflect on your day with special attentiveness to the emotions you felt—the highs, the lows, and the long plateaus. Take a few moments to focus on a more challenging emotion felt during the day. Offer this emotion to God and process it with him.

4 Confession

Look back on your day with honesty as you consider any particular thought, motivation, action, or lack of action (internal or external) that God may be leading you to confess to him and repent of. Do so now.

5 Looking Forward

Look ahead to the next day, taking note of any particular situation or circumstance in which you need God to be with you and/or act on your behalf. Ask God to accompany you in these moments.

