The **Daily Examen** (*examination*) is a form of prayer created by St. Ignatius of Loyola. When we press play and move through our days so quickly we miss out.

When we’re watching a movie we can easily pause, rewind, fast-forward, stop and play. That simple analogy can also be applied to our prayer life by pressing pause for 10 or 15 minutes a couple of times each day using the same virtual buttons.

- Make yourself comfortable – relax in the sun, stretch out on the couch – anywhere you feel a sense of quiet and peace.
- Give yourself permission to relax with some slow, deep, calming breathes; become aware of the presence of the Holy Spirit.
- **PAUSE** your day and just be still in the moment
- **REWIND** through your day with gratitude.
- **FAST FORWARD** through your day again, recalling moments when your actions moved you closer to God as well when they took you away. Thank God for the moments when you were aware of his presence and ask forgiveness for the moments you failed to follow him.
- **STOP** and look forward to the rest of the day or tomorrow…and ask for help for what lies ahead.
- Finish your Examen by quietly praying the Lord’s Prayer.