

# The Examen

A TIME TO REFLECT ON YOUR DAY  
IN GOD'S PRESENCE.

**Take a moment  
to quiet yourself  
in the Lord's  
presence.**

**Invite the Lord to bring  
to mind things from  
the day that He would  
like you to notice.**

**What am I most  
thankful for today?**

**What am I least  
thankful for today?**

**When did I  
give and receive love  
in my relationship  
with God today?**

**When did I  
withhold or reject love  
in my relationship  
with God today?**

**When did I  
give and receive love  
in my relationships  
with others today?**



**When did I  
withhold or reject love  
in my relationship  
with others today?**

**When did God  
feel near today?**

**When did God  
feel far away today?**

**When did I  
accept the invitation  
to trust God today?**

**When did I  
not trust God today?**

**When did I feel free  
to follow Jesus today?**

**When did I feel  
pressure today?  
Was it external or  
internal pressure?**

**When was I  
filled with hope  
today?**



**When did I despair or  
feel hopeless today?**

**When was I led by  
delight and joy today?**

**When was I led by  
duty and fear today?**

**Take a moment to rest  
in the Lord's  
presence.**

**Do you feel led to  
respond in any way?**

**Conclude by noting  
anything that you want  
to carry with you as you  
prepare for tomorrow.**

**Thanks to Our Lady of the Lake Church in Holland, MI and the  
examen they shared at their 2014 retreat.**

**<https://www.ignatianspirituality.com/ignatian-prayer/the-examen/>**