

The Prayer of Examen

Practicing the Presence of God

**“Can anyone hide from me in a secret place? Am I not everywhere in all the heavens and earth?” -
Jeremiah 23:24**

**“Be still and know that I am God”
-Psalm 46:10**



1. **Become aware of God's Presence**

Find a time and space at the end of each day to be still and quiet, removed from other distractions. Aim for about 10-15 minutes. Sit still and do your best to simply become aware of God's presence. You don't need to ask God to be with you; God *is* with you! Just become aware that he is with you.

2. **Review the Day**

Review the activities and emotions of your day, asking God to reveal to you where he was present and what he was doing. Pay attention to what God brings to mind. It may be in the small things where you find God has shown up. When were you aware of God's presence? What did God say to you? When did God seem distant and silent? Pay special attention to your emotions. St. Ignatius taught that we can find the Holy Spirit in the rise and fall of our emotions. When did you feel joy? When were you angry, sad or disappointed? When did you feel great love? Write down what comes to mind if that helps.

3. **Give thanks**

Give thanks for moments of joy in your day. Thank God for his presence and his blessings. Be reminded of his goodness and love.

4. **Confess**

Confess moments during the day when your words, thoughts, desires, actions or attitudes did not represent Jesus well. Ask for his grace, not only to forgive you but to empower you. Ask for healing. Ask for guidance.

5. **Consider tomorrow**

Look forward to the next day. What events, duties and interactions do you anticipate? Be attentive to your emotions. What excites you? What makes you anxious? Where will you need God's help? Ask God for wisdom, strength and boldness to walk in his presence and represent Jesus well tomorrow. Anticipate God's presence. Thank God that the day now begins in rest as you move towards sleep.