

Examen
Examination of Consciousness
(adapted by Fr. Brendan McGuire)

Spend 20 minutes at the end of each day thinking, praying & recording the Examen. Use the below as a model of steps:

1. Ask Jesus to open your eyes to see as God sees your day.
2. Ask Jesus to guide you to the moments of blessing of the day; ask him to lead you to the graces God showered upon you in that day. Think of two or three blessings or moments of grace that you witnessed. It can be an action, thought, event, or an encounter with a person.
3. Look for the *movement of the Good Spirits (pattern of virtue)*. Here you are seeking to identify the pattern of behavior or mindset that led you to experience the blessings or moments of grace. Ask Jesus to direct your mind to the pattern that he sees. Go where he leads you. There is no judgment here; just observe what led up to the moment of grace.
4. Look for the *movement of the Evil Spirits (pattern of vice)*. Here you are seeking to identify the pattern of behavior or mindset that led you to experience the negative moments of the day or times when you were not your best self. Maybe there was a temptation or thought that recurs or maybe there was an action that led you astray. Again, there is no judgment here; just observe what led up to the moment of temptation or weakness or sin. It is very important that one be gentle with oneself and ask Jesus to direct your mind to the pattern that he sees. Go only where he leads you.
5. Give thanks to God for the grace of your prayer.

Daily: Write in your journal the thoughts you just prayed.

Weekly: Read over the journal entries of the last week and examine the pattern of the week for the movement of goodness and movement of weakness. Then ask the Lord how you can address any potential ways to modify actions or thoughts to make changes in your life. Be gentle with yourself and do not make any large steps; only baby steps of adjustments. Listen to Jesus. Verify it is Jesus you are listening by asking Mary to verify it is Jesus' voice.

St. Simon Parish
Second Mountain
-- Session 5 --



Sucipe

St. Ignatius of Loyola

Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,
All I have and call my own.
You have given all to me.
To you, Lord, I return it.
Everything is yours; do with it what you will.
Give me only your love and your grace,
that is enough for me.

Scripture Passages

- John 15: 1-10 – Vine and Branches
- Luke 24: 13-35 – Emmaus
- Luke 5: 27-35 – Call of Levi
- John 15: 10-17 – Hatred from the World

Reflection Questions

- What are the tactics of the Evil One that I see most often in my life?
- How can I be gentle with myself in prayer? Especially in difficult times.
- Can I find something to be grateful for every day?
- Practice the Examen and journal your experience.