

PRAYER OF EXAMEN

Before you go to sleep, look back over the day for 5-10 minutes.

Look for what to be thankful for.

Ask God what he wants you to see.

Ask God to show you where he was present in your life or in others and what he has been asking of you.

Also reflect on your moods and feelings in this day. What needs conversion? In the moments when you didn't respond to his love, ask for forgiveness. Ask God for whatever help and guidance you anticipate needing in the day to come. Come to know the joy beyond words of being God's treasured delight and desire.

(Trevor Hudson's Modern version from St. Ignatius)