



# Christ Church RGV Learning to Pray Together

## Week 1 of 5: Examen (April 26-May 2)

The goal of St. Ignatius Loyola's Daily Examen is to become aware of God's active presence in our day-to-day lives by forming a habit of prayer-filled mindfulness. Here are five steps to take each night and a log to help us discuss our experiences next Sunday:

**1. Focus on God's presence.** Ask the Holy Spirit to join you in reflecting on your day. If you are distracted or confused, ask God to calm your mind and give clarity.

**2. Review the day with gratitude.** What did you do? To whom did you talk? Did you get anything from them? Did you give anything? Nothing is too small – God inhabits details.

**3. Pay attention to your emotions.** Sometimes we detect God's Spirit in the movements of our emotions. How did you feel throughout the day? Bored? Happy? Resentful? Compassionate? Angry? Confident? What is God saying through these feelings?

If God shows you where you fell short, make a mental note, but don't dwell on it. Look for something behind that that God might be telling you. For example, might a feeling of frustration mean God wants you consider a new direction in some area of your work? Are you concerned about a friend? Perhaps you should reach out to her in some way.

**4. Choose one feature of the day and pray from it.** Ask the Holy Spirit to direct you to something important that happened today... even if *you* didn't think it was important. It may involve a feeling (positive or negative), or perhaps a significant encounter with someone else. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.

**5. Look toward tomorrow.** What comes to mind when you think about tomorrow? Pay attention to the feelings that come up, and ask God to help you if they're less than positive. Are you doubtful? Cheerful? Apprehensive? Allow your feelings to turn into prayer. Seek God. Ask for understanding. Pray for hope.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1. Focus on God's presence.</b> Ask the Holy Spirit to join you in reflecting on your day. If you are distracted or confused, ask God to calm your mind and give clarity.							
2: What happened? Review the day with gratitude.							
3: How did you feel today? What does that tell you?							
4: What moment are you thinking and praying about?							
5: As you pray for your day tomorrow, what do you think? Feel? Hope? Expect?							