

DEVELOPING A HABIT OF **DISCERNMENT****THE EXAMEN PRAYER** DAILY DISCERNMENT OF SPIRITS

The Examen Prayer is considered a daily “instance of discernment of spirits.” A faithful practice of the Examen helps us *be aware*, *understand*, and *act* according to the Lord’s voice at every moment of the day. It is suggested to be prayed in the evening hours sometime after dinner and should be around 20 minutes in length.

PREPARATION

1. Begin with the Sign of the Cross.
2. Ask the Holy Spirit to quiet and inspire you.
3. In the space of an Our Father, “consider how God our Lord looks upon you.”
4. Ask God for the particular grace you desire from this prayer.

THE EXAMEN PRAYER

1. Gratitude: I note the gifts that God’s love has given me this day, and I give thanks to God for them.
2. Petition: I ask God for an insight and a strenght that will make this examen a work of grace, fruitful beyond my human capacity alone.
3. Review: With my God, I review the day. I look for the stirrings in my heart and the thoughts that God has given me this day. I look also for those that have not been of God. I review my choices in response to both, and throughout the day in general.
4. Forgiveness: I ask for the healing touch of the forgiving God who, with love and respect for me, removes my heart’s burdens.
5. Renewal: I look to the following day and, with God, plan concretly how to live itin accord with God’s loving desre for my life.
6. Transition: Aware of God’s presence with me, I prayerfully conclude.