

Examen



Based on a prayer in the tradition of St Ignatius, it uses 3 simple questions. It can be used by individuals as part of their daily devotional habits or it can be used in groups with someone reading out the questions and leaving time for reflection or allowing people to share their responses before closing with the prayer and moving on to the next question.

Question 1 Where have I seen a glimpse of glory?

- Where have you noticed the presence of God?
- What has brought you joy?
- What are you thankful for?

Prayer - Thank you, Lord.

Question 2 What is troubling me?

- What anxious thoughts are rising in your mind?
- What feelings are you experiencing?
- Can you name your current fears?

Prayer - Lord, for your peace and mercy we pray.

Question 3 What am I hoping for?

- What is the yearning of your heart?
- What are you wanting from God?

Prayer - Lord, for your blessing we pray.

