

## Daily Examen at the End of your Day *by Di McCullough*

### Why is this faith practice important?

So many of us go to bed at night with the day racing through our minds. We need a way to both reflect and let go. By reviewing the day that has passed with God, and preparing for tomorrow with the expectation of God's continued care, we create the habit of really turning our lives over to God.

Ignatius of Loyola called this practice a direct gift from God and included it in his Spiritual Exercises. This simple, structured prayer time is a means of noticing grace and love in all parts of our day, public and private. Over time, the examen also assists us in discerning divine invitations: sometimes repenting, sometimes responding in new ways to God's call.



### What materials are needed for this practice?

No materials are necessary other than a quiet, uninterrupted space. However, guided examens are available on video and podcast that may be helpful, especially for those who are starting out.

### How to do it

**Invite God:** Find a private space, and get comfortable. Invite God to guide you in remembering your day. Whatever your day has held, know that God's love attends you as you look back.

**Notice the gifts:** As you review the morning, afternoon, and evening, notice moments of love and grace. Give thanks for the many gifts that you received, as well as the gifts that you shared. These don't have to be big, dramatic gifts – you may notice simple moments that feel peaceful, joyous, or comforting.

**Notice the sins:** Reflect, then, on the times throughout the day when you made choices you regret, or sinned by things "left undone."

**Look to tomorrow:** Ask for more of God's light in the following day, and pray for God's help in making different choices tomorrow. End your time with thanks to God for presence throughout your practice.

### Resources for this practice

#### The Spiritual Exercises of St. Ignatius

This webpage offers a wealth of resources on learning more about Ignatian spirituality, as well as practical articles and guides.

[www.ignatianspirituality.com/ignatian-prayer/the-spiritual-exercises](http://www.ignatianspirituality.com/ignatian-prayer/the-spiritual-exercises)



#### Jesuit Media Initiatives

This resources offer three guided examen podcasts, including one for children.

[pray-as-you-go.org/prayer-resources/the-examen](http://pray-as-you-go.org/prayer-resources/the-examen)

### About the author

*Di McCullough is a trained spiritual director and healthcare chaplain, and is currently working as a totally untrained parent of a toddler. She lives with her husband and son in Columbus, OH, and blogs at [www.thekitchendoor.com](http://www.thekitchendoor.com).*