



The Ignatian Examen

Relish in Gratitude.

I begin by giving God thanks for all the things I'm grateful for today. I allow my mind to wander as I reflect on the ways God has blessed me on this particular day, whether they be big things or small things. Becoming mindful of this spirit of gratitude is essential for the remaining steps.

Request the Spirit's Guidance.

Next, I ask for the Spirit to be with me as I review my day. I imagine God alongside me, helping me to see the day from God's perspective, rather than just my own. This helps me to be more honest about where I fell short and more receptive to where God was at work.

Review the Day.

I move through my day again with God, mindful of those places where I felt God's presence and perhaps didn't recognize it at the time. I am also mindful of the moments when I failed in big ways or small.

Repent and ask for forgiveness and healing.

If I have sinned, I ask God to forgive and heal me. I ask for help to move forward recognizing God's presence and living in a way that God desires for me.

Resolve to live tomorrow well.

I ask God to show me how tomorrow might go. I imagine the things I'll be doing, the people I'll see, and the decisions I'll have to make. I ask for help with any moments I foresee that might be difficult. I especially ask for help in moments when I might fall short in the ways that I did today.

To help remember the five steps, just remember the 5-Rs:

- **Relish** in Gratitude.
- **Request** the Spirit's Guidance.
- **Review** the Day.
- **Repent** and ask for forgiveness and healing.
- **Resolve** to live tomorrow well.

Adapted from *Reimagining the Ignatian Examen* by Mark E. Thibodeaux, SJ

Other Resources on the Examen:

Website: <https://www.ignatianspirituality.com/ignatian-prayer/the-examen>

Podcast: [The Examen with Fr. James Martin Podcast](#)

Book: *Reimagining the Ignatian Examen* by Mark E. Thibodeaux, SJ