



## ***Examen: Thoughts, Words, Deeds***

1. I begin by closing my eyes, if I am comfortable doing so, and taking three slow, deep breaths.
2. Spend a few moments in gratitude, thanking God for one or two of the blessings, big and small, that I've received today.
3. I ask God to reveal to me my **thoughts** of this day. What were my strongest thoughts? What strong opinions did I hold? What attitudes did I carry with me? What presumptions did I make? How did I perceive myself, my situation, the people, places, and events of my day? What conclusions did I make?
4. When I come upon a strong and influential thought that I had today, I sit with for a moment. What was the source of this thought? Did it come from a place of spiritual freedom or from a place of unfreedom? Did it lead me to greater or lesser spiritual freedom? Did it lead me to greater faith, hope, and love or lesser faith, hope, and love?
5. I give thanks for the thoughts that came from the true Spirit, and I ask forgiveness if I allowed unfreedoms within me to influence my thoughts.
6. I repeat steps 3-5, this time reviewing my **words**. I ask God to show me the strongest or most important words that I spoke today. I ponder the source of my words. I give thanks or ask forgiveness whenever appropriate.
7. I repeat steps 3-5, this time reviewing my **deeds**. What did I do that was loving and kind? What did I do that was unloving and unhelpful? What motivated my deeds? I give thanks or ask forgiveness where needed.
8. I now look to tomorrow. What *thoughts* and attitudes do I **desire** to hold tomorrow? About myself? About people around me? About the situations I encounter? What do I desire to *say* tomorrow to the specific people I'll probably encounter? What do I desire to *do* tomorrow? What deeds of love am I called to perform? I listen for God's voice.
9. I make some concrete resolution based on what arose in this prayer time.
10. I conclude by taking three slow, deep breaths before opening my eyes.

Taken from: *Reimagining the Ignatian Examen: Fresh Ways to Pray from Your Day*  
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