

AN ADVENT INVITATION

To Pray the Examen Daily

**At the end of the day do you spend time looking back over the day?
Remembering the good things, wishing some things had turned out
differently and hopeful about the promise of a new day?**

**If you do this conscious of God with you,
you are already praying what is sometimes called the Examen.**

The Examen is an ancient and simple method of reviewing your day in the presence of God. It's more a process than a prayer in the traditional sense. There aren't any 'right' words to say.

The basic structure is simple:

- 1. Be aware of God with you and ask for God's assistance**
- 2. Be grateful – give thanks to God for the day, the blessings and the challenges**
- 3. Be reflective – review your day in some detail**
- 4. Be reconciled**
- 5. Be determined to be more loving tomorrow**

You need nothing more than this outline and to set aside ten or fifteen minutes a day.

During Advent you are invited to pray the Examen daily, in whatever form suits you and at whatever time suits you.

Pope Francis is calling us to be discerning people and communities: to listen to the voice of God; to read the signs of our times; to discern the gospel way ahead.

Using the Examen daily is one way to make discernment a way of life.

The following resources provide more information for those who are interested.

[Examen Prayer Card](#) [Pathways to God](#)

[Pray as you go](#) [Ignatian Spirituality](#)

Some apps: Reimagining Examen, PAYG, Jesuit Prayer

Are you
up for it?

**Imagine how Christ might be born in us
this Christmas if we all pray the Examen
daily!**