



Touch Point

DAILY EXAMEN

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Saint Ignatius believed that the presence and work of God could be found in all of life's experiences. And as the founder of the Society of Jesus in the 16th century, he created a way for his fellow brothers to examine their lives each day. The Examen is a spiritual practice of recalling and noticing the presence of God in our daily life. It is a tool to help us pay attention and recollect the moments of the day where we sensed God was at work in us.

The Examen is much more than a listing of a day's events. Instead, it is a daily, prayerful exercise in discernment, helping us to respond to God's loving invitation in each of our daily activities. The hope is that it will enable us to find God in all things.

The questions on the right side of the page have been provided to help weigh and review the ways in which God was present. May they bring about a deeper awareness of God at work in you.

“Attentiveness to God's spirit requires deeply receptive, prayerful listening. Practicing the art of attending to the Spirit involves us in contemplative listening. Such listening is quite different from the various ways in which we generally listen to another...It is holy listening, rooted in silence. It seeks emptiness in order to be filled with the Spirit. It is permeated by humility. Such listening assumes that the Spirit is active among us and works through us. So it makes space for that movement. It is primarily receptive, patient, watchful and waiting. Yet, it does not fear action when action is called for.”

- Wendy M. Wright

1. Become aware of God's presence.

Ask the Holy Spirit to increase your awareness of God's promised presence.

2. Review the day with gratitude.

What gifts did you receive from God?

What gifts did you receive from others?

Give thanks and celebrate these things.

3. Pay attention to your emotions.

List a few feelings that were present throughout the day (i.e. embarrassment, fear, elation, contentment).

What was the context of these emotions?

4. Choose one feature of the day and pray from it.

Ask the Holy Spirit to bring one element of your day to mind. Focus specifically on that experience. Sit with it, listening in prayer, and journal what you sense God is speaking.

5. Look toward tomorrow.

As you look toward tomorrow, what emotions or feelings are present?

Excitement? Anxiety? Dread? Delight?

Allow your expectation of the coming day to form a prayer to God.

WORKS CITED

“Attentiveness to God's spirit requires...”

Wright, Wendy M. *Companions in Christ: A Small-Group Experience in Spiritual Formation: Participant's Book*, 5. Nashville: Upper Room Books, 2006. pg. 239-240.