

A simple life changing prayer discovering the power of st ignatius loyolas ex

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Ignatian Examen: A Guide to Self-Reflection and Spiritual Growth**

The Daily Examen is a prayerful practice developed by St. Ignatius of Loyola, the founder of the Jesuit order. It is a method of self-reflection and spiritual discernment that helps individuals cultivate a closer relationship with God and discern their purpose in life.

Purpose of the Daily Examen

The purpose of the Daily Examen is to help individuals:

- Grow in self-awareness and consciousness
- Identify patterns of behavior and discern God's presence in their lives
- Develop gratitude and appreciation for their blessings
- Seek guidance and direction for their actions

5 Steps of the Examen Prayer

The Examen consists of five simple steps:

1. **Recall the day:** Bring to mind the events of the day, focusing on both the positive and negative experiences.
2. **Give thanks:** Express gratitude for the blessings and graces received.
3. **Review your actions:** Examine your actions and intentions, noting areas where you lived in accordance with God's will and areas where you fell short.

4. **Ask for forgiveness:** Seek forgiveness for any sins or offenses committed.
5. **Pray for guidance:** Ask God for guidance and direction for the upcoming day.

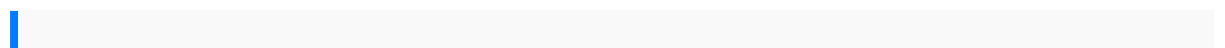
Method of the Ignatian Examen

To practice the Daily Examen, find a quiet place where you can be undisturbed. Follow the following steps:

1. **Create a conducive atmosphere:** Dim the lights, light a candle, or play soothing music to create a devotional atmosphere.
2. **Recall the day:** Take a few moments to recall the events of the day, going back in time from the present moment.
3. **Give thanks:** Express gratitude for the good things that you have encountered.
4. **Review your actions:** Examine your thoughts, words, and actions. Note any areas where you lived in accordance with God's will and any areas where you fell short.
5. **Ask for forgiveness:** Ask God for forgiveness for any sins or offenses committed.
6. **Pray for guidance:** Ask God for guidance and direction for the upcoming day.
7. **Conclude:** Thank God for the opportunity to pray and commit to living in a way that is pleasing to Him.

Who Created the Examen Prayer?

The Examen prayer was created by St. Ignatius of Loyola in the 16th century. It has been practiced by countless individuals over the centuries as a tool for spiritual growth and discernment.



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