The Examen for Today

Most of us are trained to look for God in the big moments—major decisions, open and closed doors, mountaintop experiences. But what if God is present, and speaking to us, in the ordinary moments we overlook: our routines, our meetings, our conflicts, our joys? Five hundred years ago, Ignatius of Loyola learned to find God in all things by paying attention to the movements of his heart. Because the Holy Spirit now makes his home within us, we can trust that God is speaking—through our emotions, our bodies, and our deepest desires. Your emotions are not obstacles to God; they are doorways where he meets you. Use the four movements on the back to pray the examen each day.



Prepare. Place yourself in God's presence. Take a few moments for silence. A few deep breaths. Become aware that God is surrounding you with his love.

1. Gratitude. Where was God's grace today? Slowly review your day and name the gifts, large and small—a conversation, a shared meal, sunlight on your face, a moment of rest, a kind word—and thank God for them.

2. The Movements of Your Heart. As you look back over the same day, notice the movements of your heart. Listen to your body. When did you feel most alive, free, connected, drawn toward love? *(Consolation—where life was rising in you.)* When did you feel heavy, anxious, resentful, or closed off? *(Desolation—where life was draining out of you.)*. Don't fix or analyze—simply notice and name.

3. Receive Mercy. First, thank God for where you were connected and tuned in to him during your day. Then ask: Where did I miss grace, resist it, or turn away? Name it honestly and ask the Father's forgiveness. And receive his embrace and love.

4. God's Invitation. What might be one or two invitations God is placing before me for tomorrow?

Peter Scazzero, adapting the wisdom of Ignatius of Loyola