

Lent Season 2022

Soul Rest Spiritual Disciplines

(Adapted from Soul Reset: breakdown, breakthrough, and the journey to wholeness)

Week One, March 6-12

The Practice of Examen

The Prayer of Examen is a spiritual practice introduced by Ignatius of Loyola (1491-1556) that invites a deep inward reflection on each day as an exercise in noticing the movement of God, our connectedness to God throughout the day, and learning to discern God's will. The practice is traditionally a twice-daily prayer whenever is most convenient such as a lunchbreak and before bed.

Using the Prayer of Examen, we become aware of God's presence during each day. Reflect on the events of the day. How was God present in your day?

- Relish. Review the day with gratitude.
- Request. Pay attention to your emotions. What emotions did you experience today?
- Review. Where were the challenges? Were there ways that you fell short?
- Repent. Think of one aspect of your day and pray from that experience.
- Resolve. ¹Look toward tomorrow.

Close with the Lord's Prayer or singing, "Lord, Listen to Your Children Praying" TFWS 2193

¹ Mark E. Thibodeaux, *Reimagining the Ignatian Examen: Fresh Ways to Pray from Your Day* offers a 5-Rs mnemonic to remember the five steps: Relish the moments that went well, requestion the Spirit to lead, Review the day, Repent of any failures, resolve to live tomorrow well (page xi)