

The Examen of Saint Ignatius Loyola

1. THANKSGIVING.
TODAY I AM THANKFUL FOR....

2. ASK FOR THE HOLY SPIRIT TO HELP YOU
WITH THIS TIME OF PRAYER.

4. ASK FOR FORGIVENESS
ASK GOD TO FORGIVE YOU AND ALSO FOR HELP TO
AVOID THESE FAILURES IN THE FUTURE.

3. REFLECT ON THE DAY.
LORD, HERE ARE THE WAYS I'VE FAILED TO BE MY BEST SELF
AND.....

5. PRAY FOR TOMORROW. ASK GOD FOR ALL THE GRACES AND HELP YOU WILL NEED. TELL HIM WHAT IS ON YOUR HEART.

Prayer

Lectio Divina

WRITE THE VERSES YOU WILL BE STUDYING HERE:

LECTIO

"READ"

PRAYERFULLY READ THE VERSES AT LEAST TWO TIMES. READ THEM ALOUD IF YOU CAN.

Write a word, phrase or sentence that ticks out to you:

MEDITATIO

"MEDITATE"

THINK ABOUT HOW THE VERSES CONNECT TO YOUR LIFE. IMAGINE YOU ARE HEARING THE WORDS FROM GOD PERSONALLY.

Write about how this scripture connects to you:

ORATIO

"PRAY"

TALK TO GOD ABOUT WHAT THESE WORDS MEAN TO YOU, THANK GOD FOR ALL THE THINGS GOD IS DOING IN YOUR LIFE.

Write your prayer to God here:

CONTEMPLATIO

"CONTEMPLATE"

TAKE A FEW MINUTES TO SILENTLY THINK ABOUT THIS TIME OF HOLY READING. WRITE OR DRAW WHAT IS ON YOUR HEART.

Write or draw your response to this time here:

Preview

Aderation

"Give to the Lord the glory due his name!"
| 1 Chronicles 16:29

ACTS Prayer

Contribution

"A contrite, humbled heart, O God, you
will not scorn."
Psalms 51:19

Thanksgiving

"In all circumstances, give thanks, for this is the will of God
for you in Christ Jesus."
| 1 Thessalonians 5:18

Supplication

"...if us can identify approach the throne of grace to
receive mercy and to find grace for timely help."
Hebrews 4:16

Prayer

GRATITUDE JOURNAL

Awesome things that happened this week

People who love me

Encouraging things people said to me

People I love

Prayer

GRATITUDE JOURNAL FOR THE WEEK OF:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Preview