

# Praying the Day

## The Examen

*(inspired by St Ignatius of Loyola, whose feastday was last Thursday)*

### Be Still

The Creator of the Universe, who loves me, is with me.

I ask you, Lord, to shine a light into my so that looking back over the day I may be able to see you at work.

We – you, Lord, and I - look over the day,  
starting from when I woke up.

I am aware of my thoughts, words and actions, and the words  
and actions of those with whom I came into contact.

How did I react?

How did I feel?

What might you, God, thank me for today?

I give thanks for that.

During the day, did I turn away from you or from those in need?

Is there anything I feel unhappy about or need help with?

I ask pardon for any wrong I may have done or opportunities to  
love I have missed.

I look forward to tomorrow with you, Lord.

How might I make the best of the day?

I pray that I be aware of the presence of you, my Loving God.

I give thanks for life.