

Conscious Examen

Adult First Day School 8/14/22

There are many versions of Conscious Examen, an ancient form of prayer. Ignatius Loyola made a version of it part of his Rules for the Jesuit Order. His contained 5 steps:

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

The following **Conscious Examen** is somewhat more specific. It can be used as a nighttime reflection on your day, or you can create your own and use it anytime.

Have I been a good memory in anyone's life today?

Have the ears of my heart opened to the needs of my sisters and brothers?

Have the eyes of my heart beheld the Divine in all created things?

How have I affected the quality of this day?

Have I been blind or deaf to the blessings of the day?

Is there anyone, *including myself*, whom I need to forgive?

Is there anyone from whom I need to ask forgiveness?

When did I experience my heart opening wide today?

When did I experience my heart closing today?

What is the one thing in my life that is standing on tiptoe crying out, "May I have your attention please?"

What needs my attention?

What do I know, but live as though I do not know?

For discernment:

Did any of these questions speak to your heart?

What would you like to see on this list that is not there?

What might be the value, for you, of having a list similar to this to review at day's end?