

Prayer Lab July 24, 2022

God always invites us to encounter Him

Most of us attend more or less to this during prayer

We tend to be less attentive outside formal times of prayer

Yet, God wants us to live in a constant communion with Him

St. Ignatius of Loyola offers us a way growing in attentiveness to God through the Examen

More than an Examination of Conscience

The Examen Prayer is a tool for discerning the good and bad spirits in daily life

This includes our sins. It also goes beyond them

St. Ignatius recommends that the Examen take about 10-15 minutes

The Examen

Gratitude

Light

REview

Forgiveness

Future

Gratitude

There is always reason to give the Lord thanks

God is always drawing good out of everything that happens in our lives

An Examen spent completely in gratitude is perfectly fine

Light

We ask the Holy Spirit to show us what is spiritually significant in our day

We cannot clearly see this on our own

Review

As we look over the past day, we particularly note signs of the good and bad spirits

Characteristics of the good spirit for those sincerely seeking god

Courage and strength

Consolations and tears

Inspirations

Peace and quiet in God

This points out where we might have experienced spiritual consolation

Review

Characteristics of the bad spirit for those sincerely seeking God

- Bite and sadden

- Disquiet with false reasons

- Discouragement

This points out where we might have experienced spiritual desolation

Forgiveness

When I recognize I have sinned

Or, when I recognize I cooperated with or
entertained the bad spirit

I lean into God's mercy for me

Future

Having looked back with God, we now look ahead with Him

Perhaps we entrust particular situations to Him

Perhaps we ask for graces we need

Perhaps we ask for help remembering the blessings or experiences of spiritual consolation from the past day

A Guided Examen Prayer

Gratitude

Light

Review

Forgiveness

Future