

An Awareness Examen

The Awareness Examen (Examination of Consciousness) is a simple form of daily reflection recommended by St. Ignatius of Loyola to help us grow in gratitude of God's personal love for each of us. There are many ways to pray the Examen. This one is inspired by Dennis Hamm SJ. It focuses on paying attention to our feelings and interior movements of each day.

***God, how are you loving & leading me
through the experiences of today?***

1. Begin with grace

- I ask for the gift of seeing my day through the eyes of Christ and with his understanding.

2. Continue with gratitude

- What am I most grateful for?
- Thank you, God, for the people and experiences I encountered today.

3. Review significant feelings

- I look back on my day, noticing which feelings (+ and -), that affected me more.
- I ask God to help me pay attention to my interior experiences with greater curiosity than judgment.

4. Sit with a feeling

- I choose one or two key feelings, either positive or negative, that remain with me until now.
- I attend to the source of those feelings, how they were creative (life-giving) or destructive (life-draining).
- God, help me listen to what You want to show me.
- Help me express any spontaneous prayer of praise, petition, asking for healing, forgiveness, etc.

5. Look forward with hope

- As I anticipate upcoming activities, I talk to God about my honest feelings (e.g., self-doubt, fear, excitement, openness, etc.).
- God, please walk with me; help me be more attentive and responsive to you.
- I end with a simple expression of gratitude (like reciting the "Glory Be").