

Awareness Examen

Ignatius of Loyola ~ 1491 to 1556

Wounded soldier, was captured by Jesus' story and founded Jesuit priests

As a daily practice (Jesuits practice @ noon & end of day), find some quiet space away from distractions, relax and get comfortable.

1. God's Presence

Recognize that you are God's created, in the midst of creation, constantly surrounded by the creator.

2. Review Your Day With Thankfulness

Where was God's life, light and love? Be specific. Things you received that were good or things you were able to give others that were good – an encouraging word, a smile. Things you saw, touched, smelled, heard or friends, family and your health. Thank God for His presence in the big and the small things of your life.

3. Deeper Examination of Your Day

Ask God to guide you as you look at your actions, attitude, words and motives so you will see the truth and grow and not be complacent or condemn yourself. Look over your day's actions and attitudes. Pay attention to your feelings, thoughts and emotions. Become aware of when you were motivated and acted by self OR by God and His Spirit within you. Allow God to speak, challenge, encourage and teach you.

4. Talk With Jesus

Have a heart-to-heart with Jesus. Share honestly with him about your thoughts and reflections on your day's actions, attitude, words and motives. Seek forgiveness, ask for direction/strength, share a concern, express gratitude, etc... Remember God's grace and love for you. Plan with Jesus to move forward together in action where appropriate.

5. Hope For Tomorrow

Tomorrow is a new day. As you continue becoming aware of God moving in and around you, look forward to it with anticipation. The more you practice the Awareness Examen the more you'll see God in and through your life and the more you'll reflect His image to those around you.



Awareness Examen

Ignatius of Loyola ~ 1491 to 1556

Wounded soldier, was captured by Jesus' story and founded Jesuit priests

As a daily practice (Jesuits practice @ noon & end of day), find some quiet space away from distractions, relax and get comfortable.

1. God's Presence

Recognize that you are God's created, in the midst of creation, constantly surrounded by the creator.

2. Review Your Day With Thankfulness

Where was God's life, light and love? Be specific. Things you received that were good or things you were able to give others that were good – an encouraging word, a smile. Things you saw, touched, smelled, heard or friends, family and your health. Thank God for His presence in the big and the small things of your life.

3. Deeper Examination of Your Day

Ask God to guide you as you look at your actions, attitude, words and motives so you will see the truth and grow and not be complacent or condemn yourself. Look over your day's actions and attitudes. Pay attention to your feelings, thoughts and emotions. Become aware of when you were motivated and acted by self OR by God and His Spirit within you. Allow God to speak, challenge, encourage and teach you.

4. Talk With Jesus

Have a heart-to-heart with Jesus. Share honestly with him about your thoughts and reflections on your day's actions, attitude, words and motives. Seek forgiveness, ask for direction/strength, share a concern, express gratitude, etc... Remember God's grace and love for you. Plan with Jesus to move forward together in action where appropriate.

5. Hope For Tomorrow

Tomorrow is a new day. As you continue becoming aware of God moving in and around you, look forward to it with anticipation. The more you practice the Awareness Examen the more you'll see God in and through your life and the more you'll reflect His image to those around you.

