

# B D :

The Examen is a prayer for personal discernment that emphasizes recognizing the divine in daily life.

Originating with St. Ignatius of Loyola in the 16th century, this simple format for meditation is open to people of diverse spiritual journeys.

Just take a notebook and pen, the questions on this card, and find a comfortable space for peaceful reflection...

**A d li e  life.**

**1 GET CENTERED.**

Take a few breaths. Be still and know that God is present.

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**2 GIVE THANKS.**

List at least 10 gifts for which you are grateful.

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**3 PAUSE.**

Pause to anticipate the grace of insight.

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**4 REVIEW.**

Write down several significant events over the last day, week, or year.

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**5 REFLECT.**

Reflect on how you feel about those events.  
What are your hopes? What are you learning?  
As you reflect, consider how God is present in each part of your life.

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**6 LISTEN.**

Anticipate receiving grace—and listen for the call to your future.

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