



The Ignatian Examen

The Ignatian Examen is a 500-year-old format for living your day in alignment with God's will. It includes four moments that prepare you to live life to the fullest. Each of the following questions represents one of those moments.

A Moment to RECOGNIZE:

What occurrence do I recognize as God's presence today?

(Not repeating an item will have you looking for more of such things.)

A Moment to REVIEW:

Review your activity today. Where was I not at my best?

(Imagine you're watching a video of your day's activities.)

A Moment to REPENT:

In what specific instances did I forget, offend, or overlook someone in need?

(There are sins of commission –things done wrong – and sins of omission – situations where I turned a blind eye.)

A Moment to RESOLVE:

What concrete action can I take tomorrow to correct a wrong I've committed or omitted?

(Thus, begin changes that make a difference.)