



# The Examen of Consciousness

is a form of daily prayer, ordinarily used at the end of the day

- the purpose is to identify where God was in my life this day, to identify the places where I failed, to ask forgiveness and to resolve to do better tomorrow
- another purpose is to notice patterns of behavior
- the Examen is also a vehicle for change, for improvement

**Fr. James Martin, S.J. gives a formula for this prayer:**  
ordinarily takes 10 minutes at the end of the day.

1. Place yourself in the Presence of God — you need God to be there
2. Be grateful. Start with naming good things in the day — not with the problems encountered
3. Recall the day from start to finish — where was God?
4. Name the shortcomings, the failings in the day. Ask forgiveness
5. Pray for grace needed to live tomorrow for God

**Follow this with the reflection questions:**

1. What in Scripture or Catholic Tradition best describes God's movement in my life?
2. What opportunities have I had today to walk compassionately with someone in need? Did I have an opportunity to be compassion to victim or perpetrator of violence? Did I heal or destroy our earth's environment in any way?
3. What motivates me in my relationship with God? With self? With others? Do my personal interests conflict with the common good?
4. Was I able to give the Bread of Life to anyone today?
5. In what ways was I able to share in the salvation of Jesus through pain? Suffering? Loneliness? Success? Inclusion? Sharing of my gifts (of treasure, talent, time)?
6. Was anyone able to experience me as their sister/brother today?
7. Did I offer welcome to everyone today? Whom did I exclude?

— adapted by Barbara Ann Hoying, C.P.P.S. 2014