



# THE DAILY EXAMEN

## PRAYER PROFILE

- Prayer Type:** Listening  
**Time Required:** 5–10 minutes  
**Source:** Ignatian Tradition  
**Focus Level:** Medium  
**Heart Engagement:** Deep  
**Body Involvement:** Still  
**Best Used When:** End of the day, overwhelm  
**Repeatability:** Daily  
**Growth Potential:** Gratitude, discernment

1. Begin your prayer with being present to God in gratitude.
2. Ask God to help you discern God's voice.
3. Prayerfully call to mind each moment of your day and how God felt present or absent in each.
4. Ask for God's forgiveness and mercy for the times you were absent.
5. Ask God to help you be more present in the next day.

## INSTRUCTIONS



Saint Ignatius of Loyola (1491 - 1556), oil on canvas by Peter Paul Rubens, c. 1620.

# ST. IGNATIUS OF LOYOLA

## Creator of the Daily Examen