**Prayer of the Examen:**

The Examen anchors our perception of God in daily human experience. It assumes that God is present in our daily lives, and that his presence can be detected. ~ Jim Manney  
  
An examen is a look back over a period of time to notice where God has been present or perhaps absent. Most often done at the end of the day, an examen can be done for longer periods of time as well, at the weeks end or at the end of a season of your life for example. The goal of the examen is to look for God’s presence and actions over a period of time and to deepen your awareness of His loving care toward you. While there are different ways to pray the examen, I’ve found these resources to be good basic explanations and introduction to the practice.

<https://www.ignatianspirituality.com/ignatian-prayer/the-examen/how-can-i-pray/>

Pray as You Go is a website and app that has different prayer helps. This link will take you to several recorded examen’s:

<https://pray-as-you-go.org/article/examen-prayer>