



The Examen is a spiritual practice developed by St. Ignatius of Loyola, the founder of the Jesuits. Father Jean-Pierre Medaille, a Jesuit priest, shared this form of prayer with the Sisters of St. Joseph, whose charism is rooted in Ignatian spirituality. The Sisters prayed it around the table in this 1650 kitchen in LePuy, France, as a guiding tool to keep their daily actions rooted in an intimate encounter with the living Christ. Today, this nearly 500-year-old prayer tool invites us to a sharing of the heart, to review the day with God, grow in faith and become aware of God's sustaining presence in our everyday lives. We thank God for the gifts of the day, walk through our entire day with the Holy Spirit, acknowledge the areas where we can improve and then look forward to the day to come by asking for God's grace.



1. QUIET YOURSELF

Invite the Holy Spirit to help you see your day as God sees it.
Review the day.



2. BE GRATEFUL

What are you thankful for from today? Thank God for the specific gifts of today.



3. NOTICE GOD

Where did you feel an increase of faith, hope, love, joy or peace?



4. NOTICE WHERE GOD FELT ABSENT

Notice where there was a lack of peace, joy, hope, love. Why?



5. LOOK AHEAD

Ask God for the grace, skill or virtue you need in the coming day.



6. CLOSING

St. Joseph, our provider, our protector, humble servant of God, pray for us.

All St. Joseph's Academy students, faculty and staff members pray the Examen each day between 1:53 and 1:59 p.m. We invite you to join us.