

# Parish Lenten Prayer Practice - The Daily Examen

As we begin the season of Lent in the midst of the COVID-19 pandemic we face the reality that, like so much in the last year, this season will be marked by social distancing, more limited opportunities to gather in person and the fact that many of us still feel more comfortable gathering virtually.

To bring us together in spirit as a parish family this Lent, our Adult Faith Formation Committee and Liturgy Planning Committee would like to introduce the **Daily Examen** as our parish-wide Lenten Prayer Practice.

## What is the Daily Examen?

The Daily Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience. It is a way of prayerfully reflecting on the events of the day so that we can detect God's presence and discern God's direction for us.

The method presented here is adapted from the Spiritual Exercises of St. Ignatius Loyola. Ignatius thought that the Examen was a gift that came directly from God, and that God wanted it to be shared as widely as possible.

## How do I pray the Daily Examen?

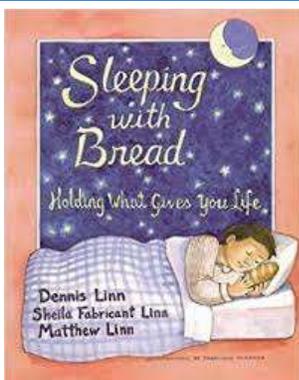
It is really quite simple. In the evening, light a candle, and then prayerfully reflect on the following questions: ***"What raised me up today? How did I experience or show God's love today?"*** and ***"What lowered my spirit today? How did I not experience or show God's love today?"*** You could ask the questions in this way, too: ***"For what am I most grateful today?"*** And ***"For what am I least grateful today?"*** Family members can do this together, sharing their answers with each other, and individuals can do it by writing in a prayer journal or notebook.

## What will help me get the most out of this practice?

1. **Join with other parishioners** via zoom on Thursdays from 7:00-8:00 PM during Lent to do an Examen of the week. Just like the daily one you do on your own, this will let us share with other parishioners the moments that lifted you up and those that lowered your spirit during the week. The link for joining this session will be included in the Katharine Konnection each weekend during Lent.

2. ***Sleeping with Bread*** is a delightful, short book introducing individuals and families to the Daily Examen. Copies are available here:

[https://www.paulistpress.com/Products/3579-](https://www.paulistpress.com/Products/3579-5/sleeping-with-bread.aspx)

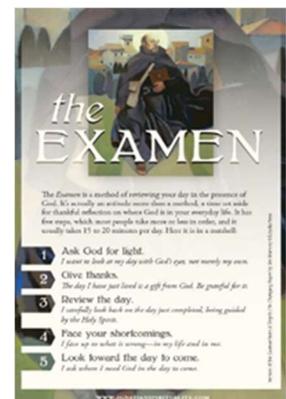


[5/sleeping-with-bread.aspx](https://www.paulistpress.com/Products/3579-5/sleeping-with-bread.aspx) and also on Amazon. Limited copies will also be available for sale at the church.

3. **This downloadable prayer card** is another helpful way to pray the Daily Examen:

<https://www.ignatianspirituality.com/ignatian-prayer/the-examen>

This webpage also has many other resources to help you use the Daily Examen at home.



## the DAILY EXAMEN

Decompress and process your day in a framework of gratitude.



Make time at the end of each day to do the 5 steps.

Consider adding a lunchbreak Examen to your day.



The Daily Examen can be done through prayer and/or journaling.



### 5-step prayer of gratitude

1. Become aware of God's presence.



2. Review your day with gratitude.



3. Pray about one aspect from the day.



4. Pay attention to your emotions.



5. Look toward tomorrow.