

## Outline of the *Examen*

<p><b>Method of Making the General Examination of Conscience<sup>1</sup></b>  <i>There are five points in this method.</i></p> <ol style="list-style-type: none"> <li>1. The first point is to give thanks to God our Lord for the favors received.</li> <li>2. The second point is to ask for grace to know my sins and to rid myself of them.</li> <li>3. The third point is to demand an account of my soul from the time of rising up to the present examination. I should go over one hour after another, one period after another. The thoughts should be examined first, then the words, and finally, the deeds in the same order as was explained under the Particular Examination of Conscience.</li> <li>4. The fourth point will be to ask pardon of God our Lord for my faults.</li> <li>5. The fifth point will be resolve to amend with the grace of God.</li> </ol> <p>Close with <i>Our Father</i> [see: Matthew 6:9-13].</p>	<p><b>An Outline of the <i>Examen</i><sup>2</sup></b></p> <p><b>Transition:</b> I become aware of the love with which God looks upon me as I begin this <i>examen</i>.</p> <p><b>Step One: Gratitude.</b> I note the gifts that God’s love has given me this day, and I give thanks to God for them.</p> <p><b>Step Two: Petition.</b> I ask God for an insight and a strength that will make this <i>examen</i> a work of grace, fruitful beyond my human capacity alone.</p> <p><b>Step Three: Review.</b> With my God, I review the day. I look for the stirrings in my heart and the thoughts that God has given me this day. I look also for those that have not been of God. I review my choices in response to both, and throughout the day in general.</p> <p><b>Step Four: Forgiveness.</b> I ask for the healing touch of the forgiving God who, with love and respect for me, removes my heart’s burdens.</p> <p><b>Step Five: Renewal.</b> I look to the following day and, with God, plan concretely how to live it in accord with God’s loving desire for my life.</p> <p><b>Transition:</b> Aware of God’s presence with me, I prayerfully conclude the <i>examen</i>.</p>
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<sup>1</sup> Louis J. Puhl, *The Spiritual Exercises of St. Ignatius: Based on Studies in the Language of the Autograph* (Chicago, IL: Loyola, 1951), 23.

<sup>2</sup> Timothy M. Gallagher, *The Examen Prayer: Ignatian Wisdom for Our Lives Today* (New York, NY: Crossroad, 2006), 25.