

For more information on the practice of the Examen, or to go deeper, visit:

- www.bit.ly/IgnatianPrayerExamen
- www.bit.ly/JesuitsExamen

Or access these links using the following QR codes:



A Spiritual Reflection Based on the Examen

Saint Ignatius of Loyola, please pray for us!



National
Family & Life Week
May 10-17, 2026 "I am with you always"



Canadian Conference
of Catholic Bishops

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Introduction

How do we notice God's presence in our everyday lives—on the good days, the hard days, and everything in between?

Below is a spiritual reflection based on the *Examen*, a 500-year-old practice developed by Saint Ignatius of Loyola to deepen awareness of God's action in daily life. This type of reflection can help us to become more mindful of God's presence and friendship in our lives.

“And remember, I am with you always, to the end of the age.” —Matthew 28:20

Jesus promised his Apostles, and us, that he would be with us always. The guided steps that follow will help you look back on your day and recognize how God has been with you.

“Our only desire and our one choice should be this: I want and I choose what better leads to God's deepening life in me.”

—Saint Ignatius of Loyola

Spiritual Reflection

To begin, find a place suitable for quiet reflection.

Gratitude and Awareness – Thank God for his enduring presence and pray for understanding

As you become aware of your breathing, ask God to guide your mind and heart.

“God, thank you for your love, for your presence—even when I was not aware. Fill me with your wisdom and grace. Help me to see how you were with me today.”

Review – Walk through your day with God

Think back through the events of your day—morning, afternoon, and evening. Notice your feelings and reactions as you remember.

- *When did I feel close to God, experiencing kindness, encouragement, or joy?*
- *When did I feel stressed, distracted, or alone?*
- *Who were the people I met, and how did those encounters shape my day?*

Reflect – Look honestly at your choices

With courage and gentleness, consider the moments where you struggled or made mistakes.

- *Did I act according to God's love—in good moments and in difficult moments?*
- *Where do I need forgiveness?*

Hope – Look ahead with trust

- *What is one intention or goal I want to carry into tomorrow?*

End with a prayer of hope for tomorrow.

“God, you have promised to be with me always. Walk with me again tomorrow. Show me how to grow in love and follow you more closely.”

[Our Father...]