

The Examen

How do I use quiet time?

1. Become aware of God's presence

Be still, quiet, relax

2. Look back over today with gratitude

Look back over your day and notice what was good?

3. What was difficult about today

What can I do about that? Am I part of the answer?

4. Discern:

Pause and see what else comes to mind

5. Look forward to the day ahead

What can you do to make it good?

Say the Our Father

Or Prayer of St. Ignatius

