

THE AWARENESS EXAMEN OF ST IGNATIUS OF LOYOLA

BEING CONSCIOUS
OF GOD'S PRESENCE
IN YOUR DAILY LIFE



St Ignatius (1491 – 1556)
promoted prayerfully reflecting
on the movement of God
in your life.

Allow about 15min every
day to listen to and look for
where God was present in
your daily activities.

These five steps aim to help
you become more aware of God
moving in and with you in your life,
so treat them as a loose guide –
stop at any point to talk with God
and to go a little deeper.

1. ASK THE SPIRIT

Ask the Holy Spirit to help
you see the day through
God's eyes. Let Him show
you what you need to see.

2. REVIEW THE DAY

Review the Day by carefully
looking back over what
happened as a kind of
highlights reel.

Pay attention to the moments
that are standing out.

3. GIVE THANKS

Give Thanks for the blessings
of the day, especially those
moments when you know
you were responding to
God's invitation

4. FACE YOUR SHORTCOMINGS

Face Your Shortcomings by
noticing those moments in your
day that trouble you. If you need
to ask for forgiveness for any sin,
go ahead – God is right there!

5. LOOK FORWARD

Look Forward to any resolutions
you need to make for the future.
Finish with a "Glory Be..." prayer

**"HOW CAN YOU
DRAW CLOSE TO
GOD WHEN YOU
ARE FAR FROM
YOUR OWN SELF?"**

**GRANT LORD,
THAT I MAY KNOW
MYSELF SO THAT I
MAY KNOW YOU."**

ST AUGUSTINE