

# Guided Personal Reflection

using the **DAILY EXAMEN**

## **Guided Personal Reflection: a quiet practice**

Based on the traditional Ignatian Examen <sup>1-3</sup>

Let God's grace be present by allowing yourself to be present.  
Open yourself to acknowledging your feelings without judgment.  
Meet God as you are so you can be who you are meant to be.

There will be a Start & End bell, with bells at 3-minute intervals to guide transition to the next step.

1. We begin by asking for the light of the Spirit to open our hearts. Invite God's light to shine upon you to help you see what you need to see today.
2. Illuminated by sacred Light, give thanks to God for the gifts you receive today. Large or small, it does not matter – the taste of coffee; a good night's rest; a deep breath; a conversation you had not expected. Whatever it is – allow yourself to be grateful.
3. Now take a few moments to review the last 24 hours and allow any feelings from that time to rise up for you. Acknowledge the feeling. There's no judgement here. Just become aware of the way your interactions within the world have made you feel.
4. Oh God, you search me, and you know me. In your company, let me focus on one feeling. How are you speaking to me, calling me, through this feeling?
5. God's Spirit calls to us through the world, to serve the world. As you look forward to the rest of today – can you see one opportunity that you will seize to put into practice and to become who God is calling you to be?

As you are ready, you can come out of the reflection.

### Resources:

1. The Ignatian Examen: <https://www.jesuits.org/spirituality/the-ignatian-examen/>
2. Audio presentation (1 hour): The Examen with Father Ryan Duns, S.J. - <http://theexaminedchurch.org/podcast/the-examen-with-fr-ryan-duns-s-j/>
3. From your App store (free) – Insight Timer