

# St. Ignatius Examen – It is a Personal thing.

**Objective:** The Examen helps us spend time in relationship with Jesus. It is to help us become aware of the times Jesus has been present in our day, when we did not recognize His presence and what we can do bring him in our life tomorrow. There are 5 steps: 1. Give thanks to God. 2. Pray for light – To know God and to know His movements. Become aware of His presence in everything. 3. Review your day (Pay attention to your emotions) – God Works with What is. He is there where you are right now. Where did I see God today and where didn't I see Him and should have? 4. Face what is wrong – Where did I miss Jesus today? 5. Do Something. Take daily action to become more aware of where I need to invite Jesus into my daily life. If we can discover God's presence in our life, we will have a deeper relationship with Him.

**Song Suggestion:** You Are Mine (Blue 552, Red 627)

## Bible and Catechism Readings:

### 2 Corinthians 13: 5

Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test?

### John 1: 18

No one has ever seen God, but the one and only Son, who is himself God and is in closest relationship with the Father, has made him known.

### 1 Thessalonians 2:19

For what is our hope, our joy, or the crown in which we will glory in the presence of our Lord Jesus when he comes? Is it not you?

### Catechism 2558

"Great is the mystery of Faith." .....This mystery, then, requires that the faithful believe in it, that they celebrate it, and that they live from it in a vital and personal relationship with the living and true God. This relationship is prayer.

**Saint** - St. Ignatius of Loyola was a Spanish priest and theologian who founded the [Jesuit order](#) in 1534 and was one of the most influential figures in the [Counter-Reformation](#). Known for its missionary, educational, and charitable works, the Jesuit order was a leading force in the modernizing of the [Roman Catholic Church](#).

**Vignette** – Ken attended a silent retreat when he was introduced to St. Ignatius Examen. At first, he felt overwhelmed trying to figure out how to fit it into his busy schedule. He took Dick's advice and started out slow. He spent time reading the questions once per day. That was all he did in the beginning and did this for about 3 weeks when he started to notice areas in his life where he thought Jesus was pointing things out to him. He was becoming more aware of Jesus in his daily life. To his surprise he found himself spending more and more time at the end of the day working through the Examen. And now he has incorporated into his daily routine.

## Questions for Large and Small Group Discussion:

What are the things that draw you closer to God?

---

---

---

What are the things that take us away from God?

---

---

What dominates our lives? (We can be connected to the world but distant to our family, friends, or someone in need)

---

---

---

How can we strengthen our friendship with Jesus?

---

---

---

This day that God has given you, how significant has this day been? What 1 thing can you take away from this day to help you be a better follower of Christ, a better husband, and a better father?

---

---

---

## **St. Ignatius First Principle and Foundation**

The Goal of our life is to live with God forever.

God, who loves us, gave us life.

Our own response of love allows God's life to flow into us without limit.

All the things in this world are gifts from God, presented to us so that we can know God more easily and make a return of love more readily. As a result, we appreciate and use all these gifts of God insofar as they help us to develop as loving persons. But if any of these gifts become the center of our lives, they displace God and so hinder our growth toward our goal.

In everyday life, then, we must hold ourselves in balance before all of these created gifts insofar as we have a choice and not bound by some obligation. We should not fix our desires on health or sickness, wealth or poverty, success or failure, a long life or a short one. For Everything has the potential of call forth in us a deeper response to our life in God.

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

## **Action Plan:**

Spend 3 minutes a day reviewing the 5 steps of the Examen. As you become more comfortable with it add 2 more minutes for a total of 5 minutes. Look for 1 thing that sticks out – good or bad. And discuss it with Jesus.

**Author:** Tim Arnold