

2025 Year End Examen



ROMAN CATHOLIC
DIOCESE OF VICTORIA



WHAT IS THE EXAMEN?

The Examen is a 500-year-old prayer developed by St. Ignatius which invites us to recognize God's presence in our daily lives. We reflect on how our actions align with our faith, as we look back on our day, month, or year. Our thoughts, actions, and experiences are reviewed to foster gratitude and discernment in our spiritual journey.

1

For what am I especially
grateful this year?

2

Where did I sense God
using my gifts, strengths,
and charisms?

3

How did my actions this year
improve the lives of others?

4

What are examples of
love and support I received?

5

When did I summon
courage and perseverance?

6

Where have I felt
true joy this year?

7

What challenged me
this year?

8

What shortcomings did I
discover about myself that I
need to surrender to God?

9

Where and when did I find an
opportunity for renewal and
pause ?

10

In light of my review,
what is my response to God?

11

What do I sense God might be
inviting me to be or to do?

12

Where can I seek wisdom?

13

In what spirit do I want
to enter the next few months?

Prayer of Thanksgiving

Heavenly Father,

As this year draws to a close, I come before you with a heart of gratitude.
Whether joyful or challenging, thank you for walking with me through every season.

Your great blessings, both seen and unseen, have sustained me.

For the people you have placed in my life, the opportunities to grow,
and for the grace that carried me through each day, I give you praise you.

I surrender all that I could not control into your hands.

O Lord. I trust in your plans for me and look forward to the new year with hope.

May my life continue to glorify you in the year ahead
as I serve you and others with a grateful heart of love, mercy, and compassion.

Amen.