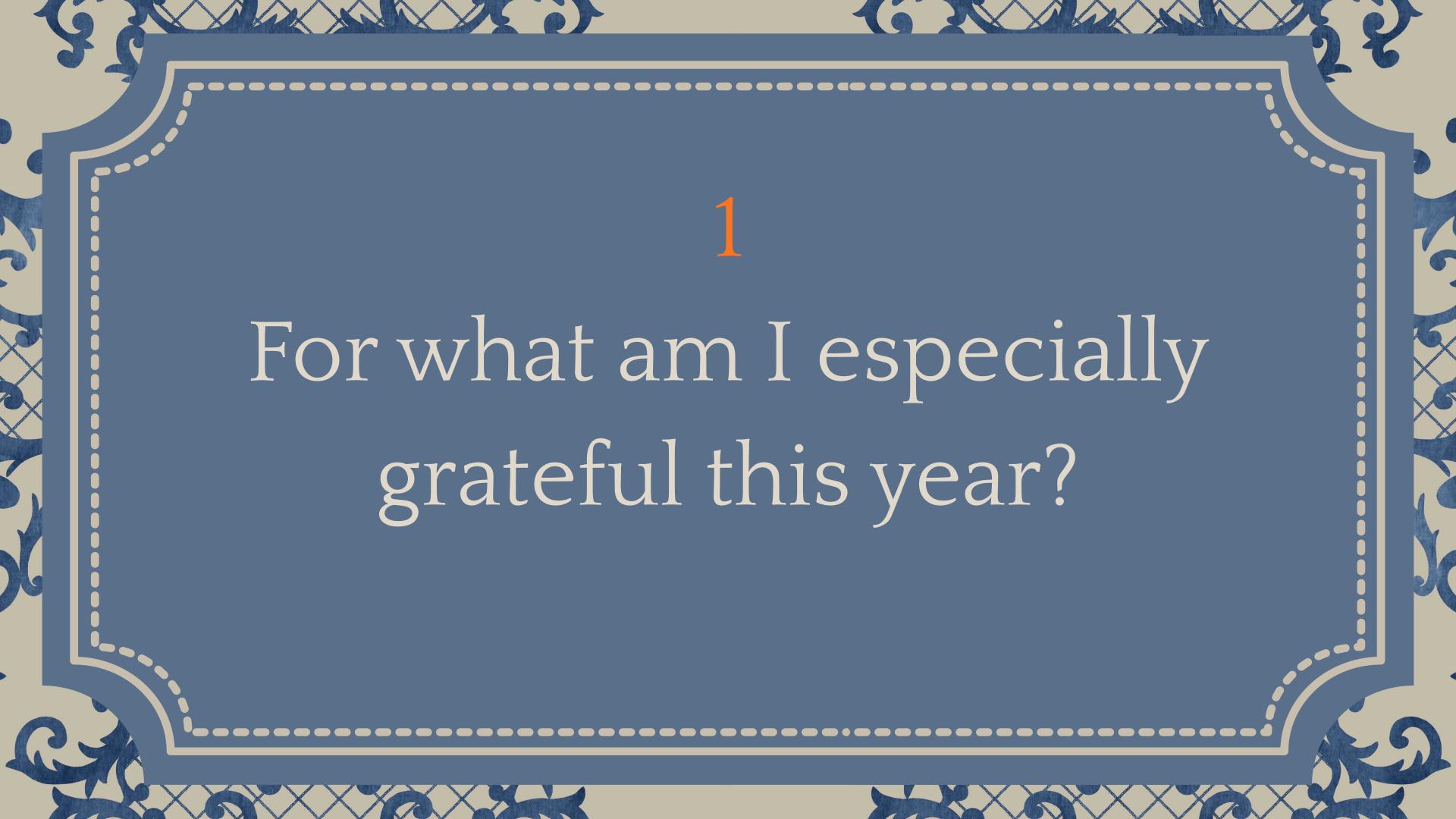


## WHAT IS THE EXAMEN?

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.

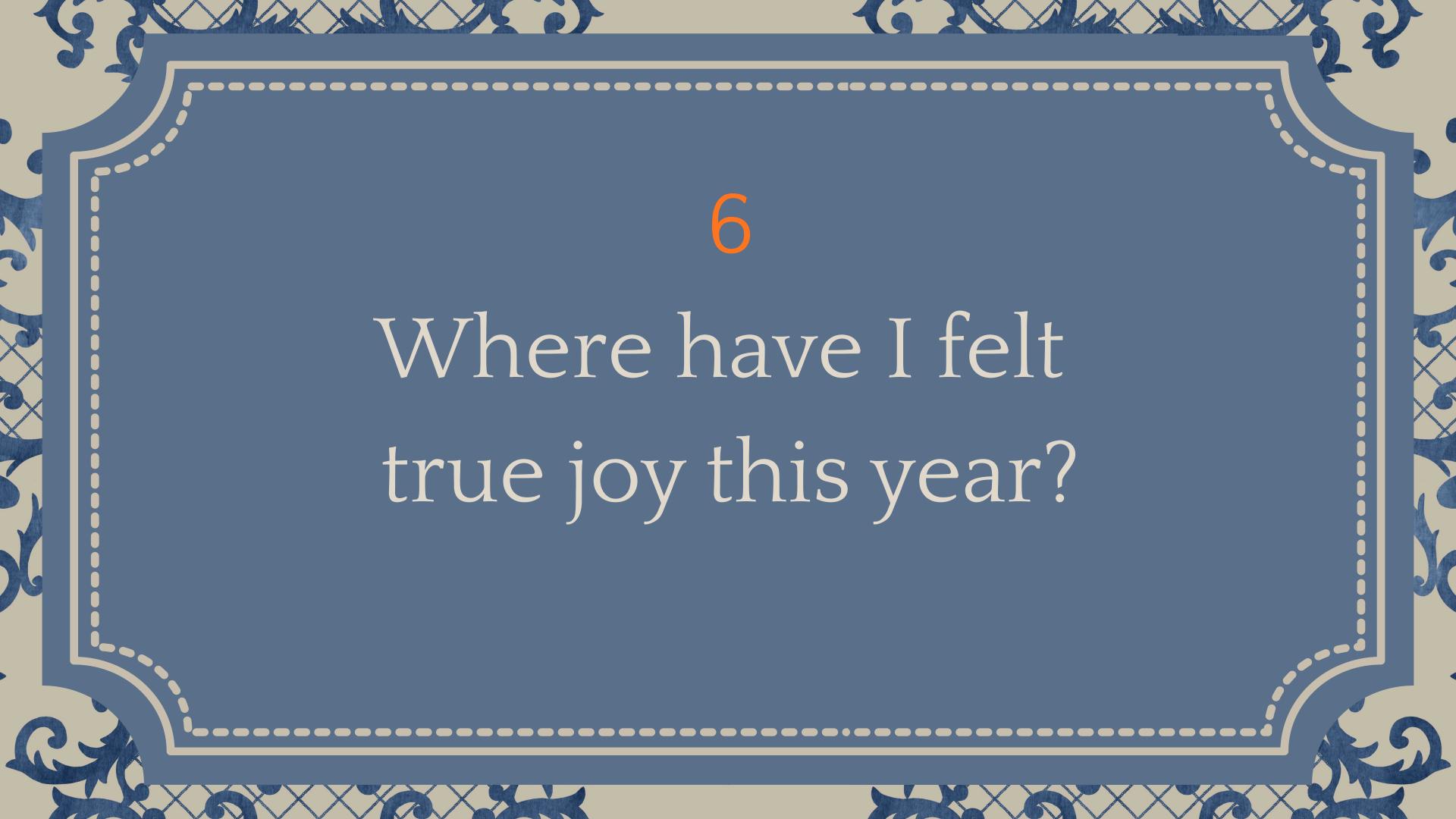


Where did I sense God using my gifts, strengths, and charisms?

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

What are examples of love and support I received?

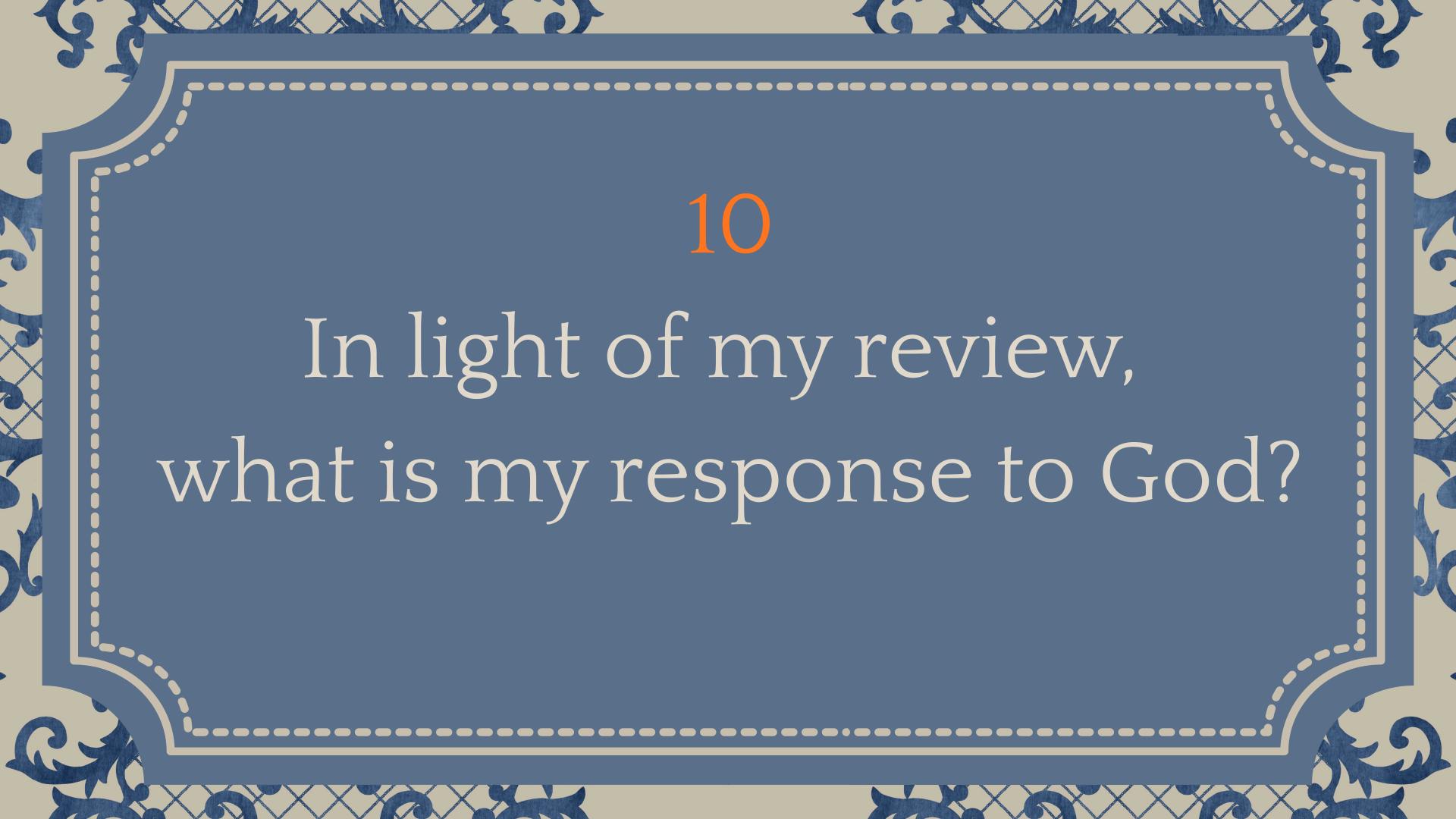


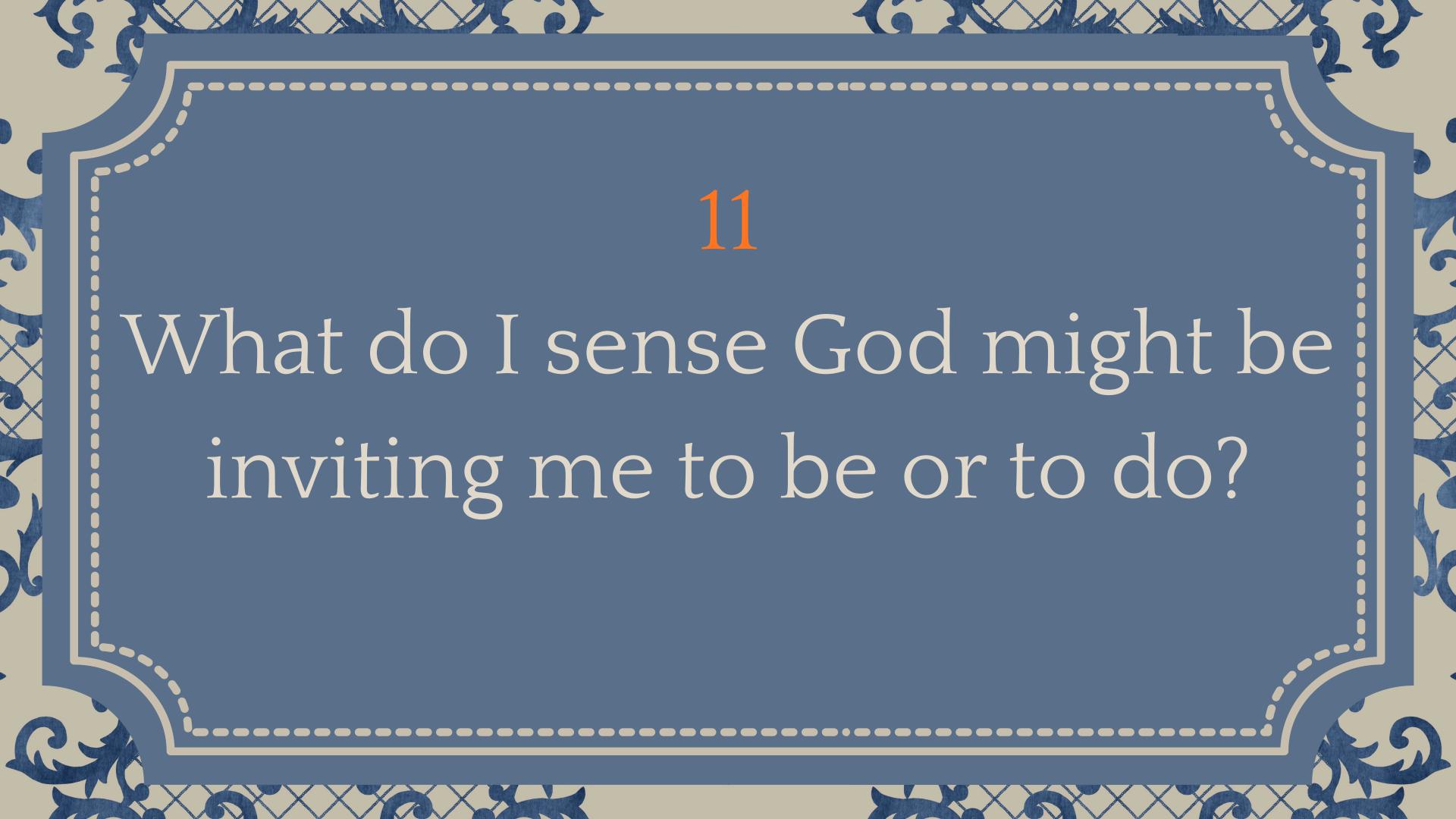


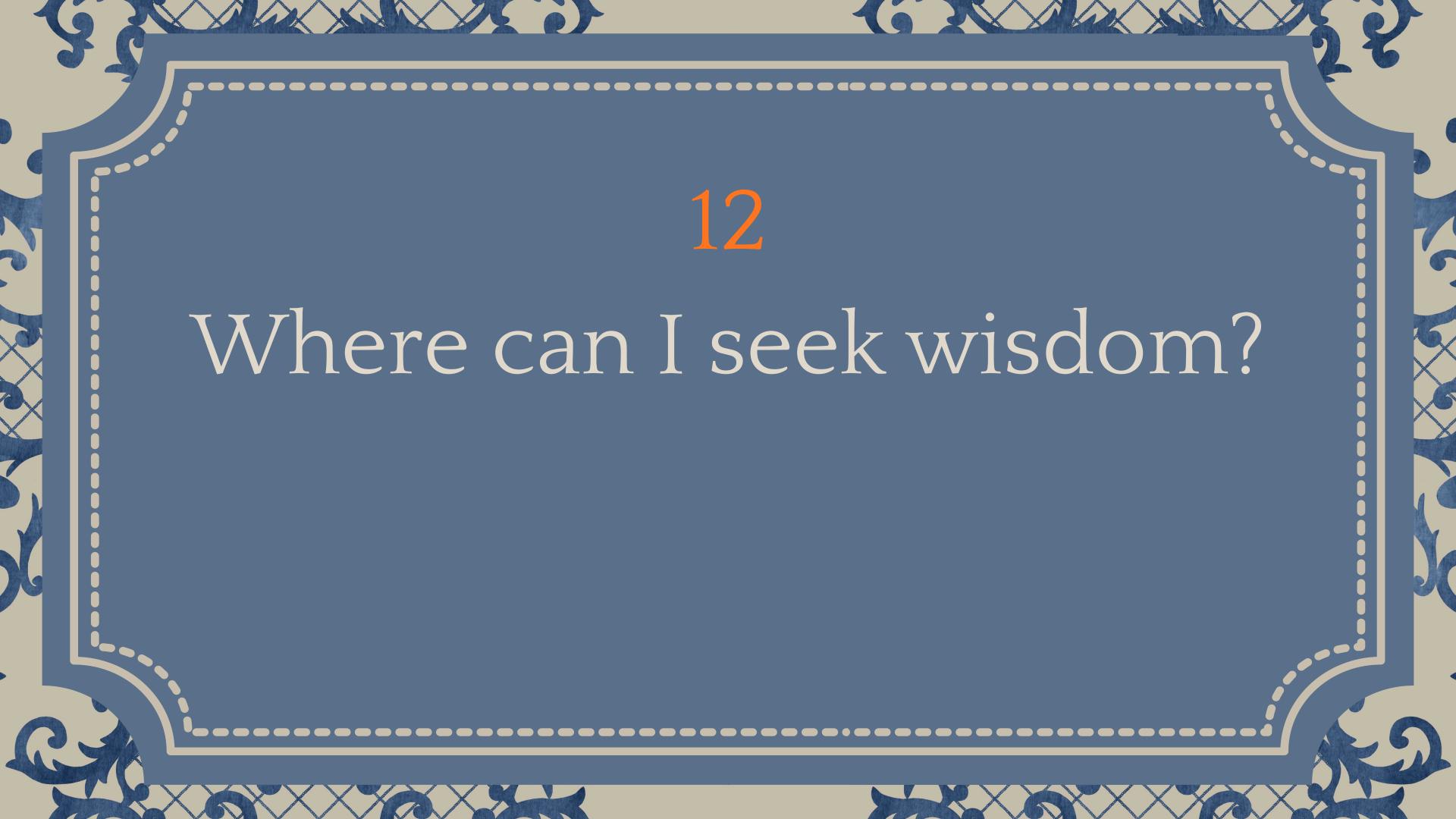


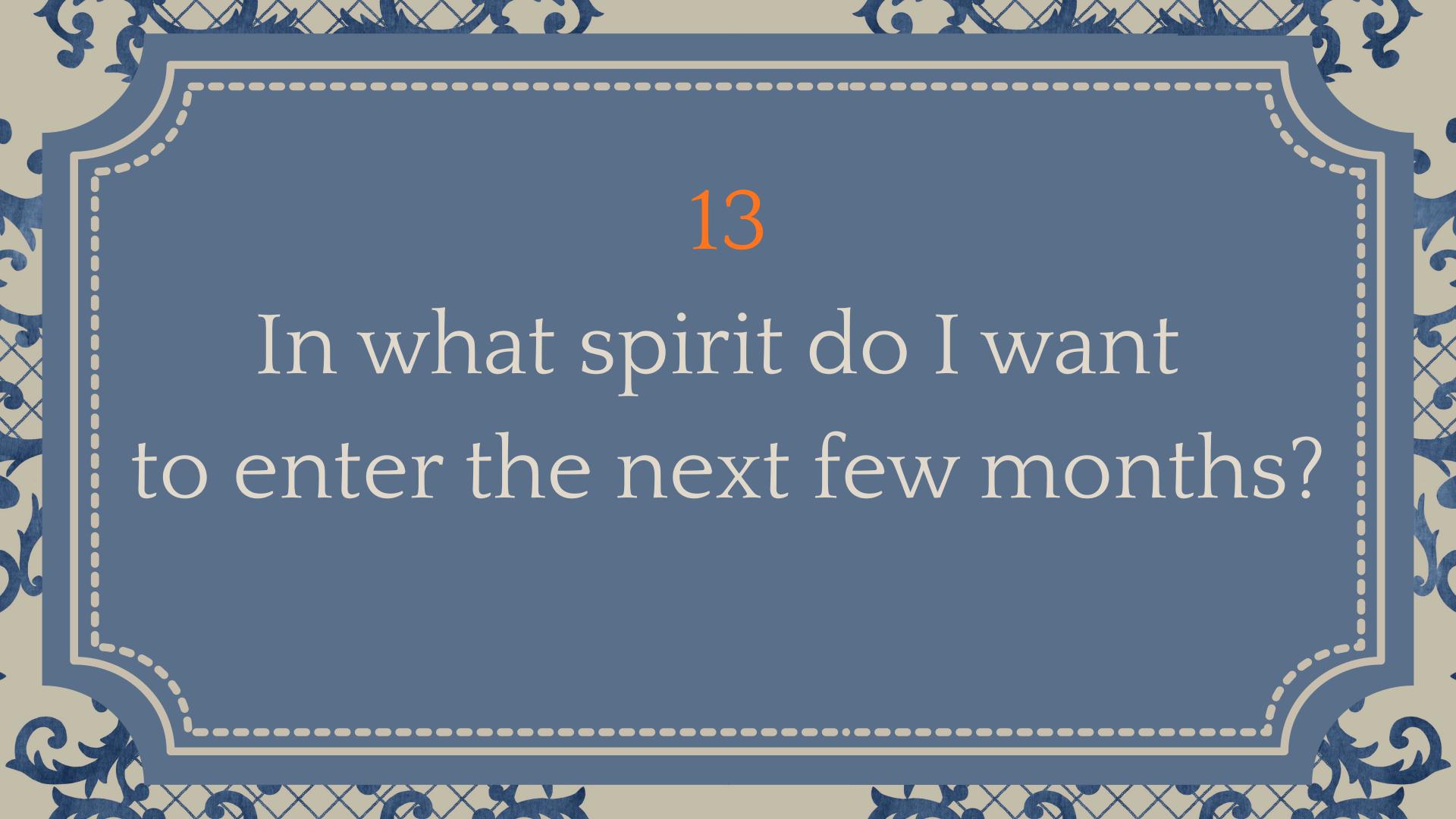
What shortcomings did I discover about myself that I need to surrender to God?

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











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 lov, mercy, and compassion.

Amen.