



The Prayer of Examen is one of the spiritual exercises advocated by St Ignatius of Loyola (the founder of the Jesuit order). In our world of information and activity overload, I believe taking some moments for quiet reflection is critical to our spiritual life, regardless of our particular temperament or devotional preferences. This practice was developed specifically for followers of Jesus with busy lives rather than monastics with countless hours to spend with God. Not much has changed in the past 500 years...

1. Be still and become aware of God's presence
2. Review the day with gratitude
 - When did I sense your presence the most in my day?
 - When did your presence seem farthest away from me in my day?
 - How were you loving me in my day?
 - How were you loving me even when your presence seemed far away?
 - How did I respond to your love in my day?
3. Pay attention to your emotions
4. Choose one feature of the day and pray from it
5. Look toward tomorrow.

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