



Church of the Redeemer

This language can be used for daily examen practice as well simply by substituting "day" for "year" throughout.

ANNUAL EXAMEN PRACTICE

The Examen is an ancient devotional exercise developed by St. Ignatius of Loyola and has been adapted and practiced by many over the centuries. It is a form of contemplative prayer to help us reflect upon our lives in grace and truth. We invite you to reflect over this past year using this examen practice as your guide.

Preparation

To begin, try to relax, to breathe more slowly and deeply, and as you breathe, call to mind that God is with you, even in your breath. Ask for the illumination and awareness to know deeply that God is present here now. Take a minute to be still in the presence of God. Ask for guidance from the Holy Spirit as you prepare to look back on and contemplate this past year.

Desolation

Take some time to recollect and review this past year. What stories or events in your life come to mind that elicit anger, grief, or frustration? In what ways have you struggled—spiritually, emotionally, physically, relationally, or vocationally—the most in the past year? What experiences did you have this past year where you felt desolation, loneliness, or the absence of God? In what ways was your faith challenged and tested this year? Offer these experiences, emotions, and reflections up to God and invite Him to be with you as you reflect on them.

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Consolation

Take some time to recollect and review the stories, events, and experience from this past year that brought joy, hope, or gratitude in your life. Where did you experience comfort and consolation?

Where did you notice or feel the presence of God in particular ways? In what ways was your faith strengthened and nourished this year? Offer these experiences, emotions, and reflections up to God and give him thanks for His presence and faithfulness in your life.

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Looking Ahead

Now take some time to reflect on the year ahead. What are you looking forward to in the year to come? What have you learned in the past year that you will take with you into this new season? What spiritual and formation practices and habits do you want to develop over the next year? How do you want to grow in the year to come? Where do you want to see God at work? Submit these commitments to God, and consider sharing them with someone close to you.

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This resource comes with permission from
Resurrection Anglican Church
in South Austin, Texas.

Learn more about them here:

<https://www.rezaustin.com>