

WEEK EIGHT
END-OF-THE-DAY EXERCISES
(About 20 minutes)

DAY ONE: REVIWING THE EXAMEN/BE STILL

The daily Examen is the heart of the Spiritual Exercises. This is an opportunity to take a long, loving look back over your day where, 'We recognize the Beloved in the nitty gritty of life and we bring the nitty gritty back to the Beloved.' This exercise is an examination of consciousness (clear awareness) NOT an examination of conscience focused on faults and failings. By being faithful to this practice and journaling your insights, patterns will emerge over thirty days including awareness from your unconscious that would normally have been missed in everyday activity.

-This week our focus is on how to renew our intentions to JOURNAL about our experiences with the EXAMEN. Again, you can use the following diagram about "THE FIVE R's" to help guide your time:

Five Finger Examen

1. Be still

Our thumb reminds us of what is important. Notice your breath, try to still your mind, and be present to God and yourself.

2. Be grateful

As our index finger points things out to people, reflect on your day and point out everything you're grateful for.

3. Notice

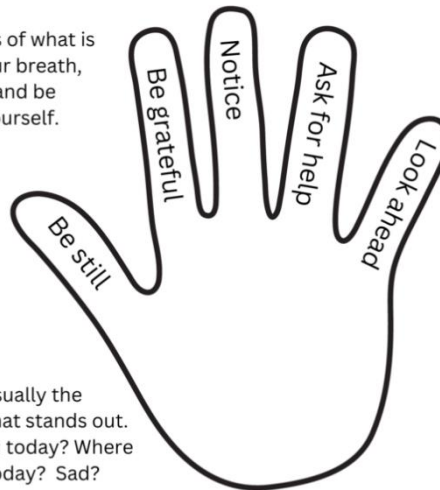
Our middle finger is usually the longest and the one that stands out. What stood out to you today? Where have you felt happy today? Sad? Frustrated? Were there any challenges today? Any victories?

4. Ask for help

Our ring fingers are where we put our wedding rings. Think about your responsibilities and promises you have made. What do you need God's help with? Is there anything you need to say sorry for?

5. Look ahead

Our pinky finger is our smallest one. Sometimes a small change can make a big difference. Think about tomorrow. What do you hope for? Are there any little changes that you can make?



JOURNAL QUESTION:

-Notice what helps you get centered before entering into the END OF THE DAY EXAMEN.

-Consider using the Centering Prayer of Thomas Keating as a way to BE STILL and listen more deeply during the EXAMEN. With each phrase of the following psalm verse, breath and exhale deeply at least three times and then move to the next shortened phrase...

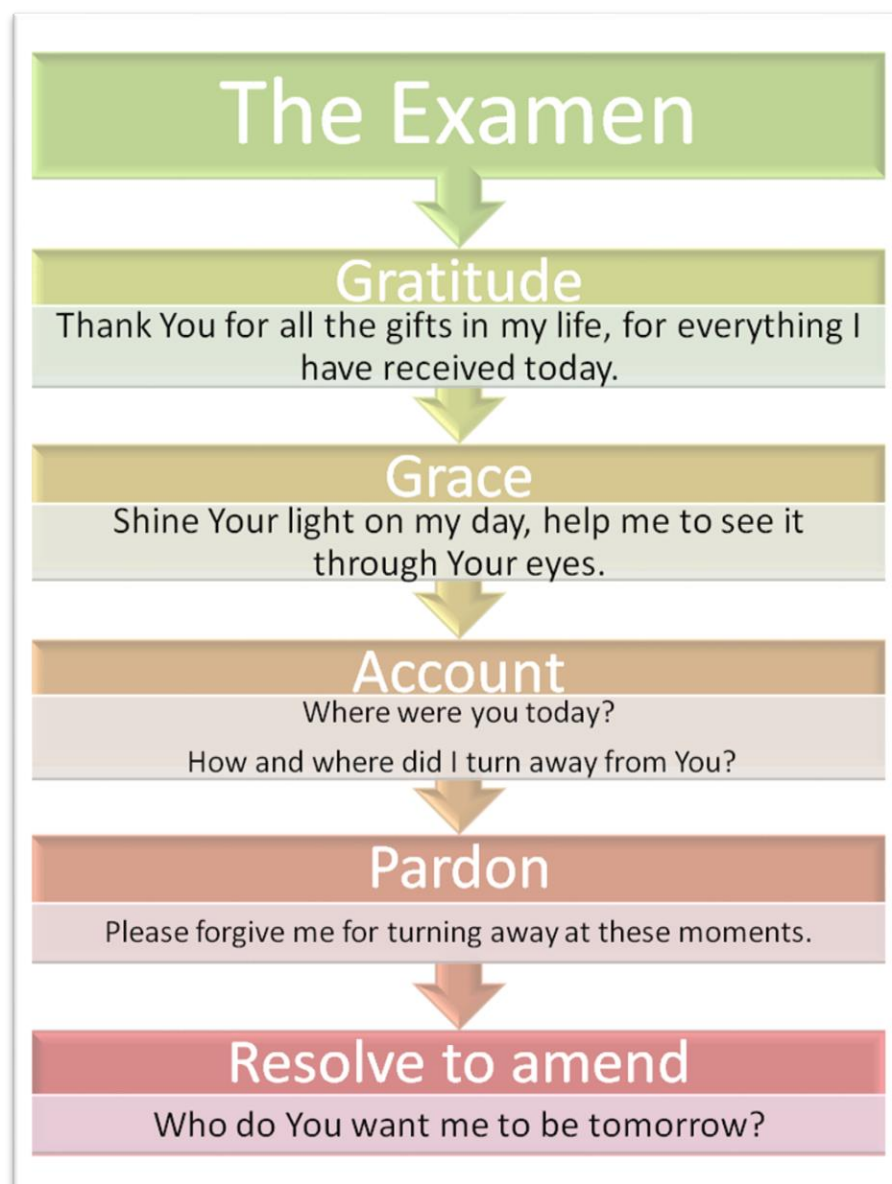
BE STILL AND KNOW THAT I AM GOD

BE STILL AND KNOW THAT I AM

BE STILL AND KNOW]

BE STILL

BE



As an option, watch the following video for a review of components of THE EXAMEN

https://www.google.com/search?q=ignatian+exercises+centering+prayer+the+examen&sca_esv=bbe3debe957613b7&rlz=1C1GCEA_enUS1104US1104&sxsrf=AE3TifMlxsEAqwxuDt2CAKEAkmcQ93FydQ%3A1759766447153&ei=r-fjaN6PCZuf0PEP0-e92AI&ved=0ahUKEwiewo-Hv-l-QAxWbDzQIHdNzDysQ4dUDCBE&uact=5&oq=ignatian+exercises+centering+prayer+the+examen&gs_lp=Egxnd3Mtd2l6LXNlcjA1LmlnbnM0aWV4V4ZXJjaXNlcjBjZW50ZXJpbmcgcHJheWV4IHRob2ZSBleGFtZW4yBRAhGKABMgUQIRigATIFECEYoAEyBRAhGKABMgUQIRirAkizSVD5BVieRnABeACQAQCYAf4BoAHMKKoBBzQ2LjExLjG4AQPIAQD4AQGYAiSgApUcwgIKEAAYsAMY1gQYR8ICBBajGCfCaggQABiABBiiBMICBhAAGBYHsICCxAAGIAEGIYDGIoFwglLEAAYgAQYkQIYigXCAGUQABiABMICBRAhGJ8FmAMAIAYBkAYIkgcHMTkuMTYuMaAHv5ADsgcHMTguMTYuMbgHkRzCBwcljE4LjE4yAdo&sclick=gws-wiz-serp#fpstate=ive&vld=cid:3dd9357b,vid:pDQgjzJINdk,st:0