

Examination of Conscience by St. Ignatius of Loyola

Presence

I relax in my favorite prayer space and posture. I become aware that God is Looking at me with love, and I ask for the Holy Spirit's aid in this time of prayer.

Gratitude

I give thanks to God for his gifts today. What was my favorite moment?

How did God reveal himself to me?

Review

I recall my emotions, thoughts, and urges during the day.

What stirrings in my heart were of God? Did I resist his grace today?

Forgiveness

I acknowledge the times when I acted sinfully and selfishly.

I ask for God's forgiveness and healing, and rest in his mercy.

Hope

I resolve to trust in God's loving guidance. I plan, with the Holy Spirit,

How I will live more in accord with his love tomorrow.