

# One Year Examen

***The Examen is an Ignatian exercise that allows us to see how we've been interacting with God in our daily lives. This one is meant to be an overview on your year.***

Read these instructions through first, so you know what to expect.

Close your eyes and take a few minutes to dedicate this time to God.

Take a moment to notice a sense of His presence. Maybe imagine a sacred space for yourself--somewhere you feel safe and loved. Take time to quiet yourself and your thoughts.

If you have lots of thoughts/distractions coming up, just notice them and then let them go. Maybe imagine them on a boat floating away. If they are demanding your attention, go ahead and write them down.

Begin to review your year, allowing it to play like a movie in your head.

Start to notice the things that stand out to you. What feels important? Write down anything you feel you need to, or just enjoy the review in your imagination.

Notice the emotions you feel as you look through the year. Are there any surprising ones? Don't judge the emotions as good or bad, right or wrong, just let them be a part of your space with God.

Start to get more more specific with your review:-Consider relationships: painful ones and happy ones.

Were there any major lessons learned or things that stand out?-Difficult or painful things? Things to celebrate? Interactions with God that feel important?

Choose 1-3 of the things that have really stood out to you during this review and allow those to be the focus of the rest of your prayer time.

Putting those things before God (visualize). Is there something about the past year you're being invited to lean into and explore more this year? A treasure?

Is there something about the past year that you need to leave behind?

Imagine yourself offering all of these things to the God who loves you.

As you end this prayer time, take some time for gratitude and to submit your full self to the God who loves you and created you.