



## Lent Day 37, March 29, 2012 Examen

*Examine me, O Lord, and prove me; try my mind and my heart.*

*Psalm 26:2*

As we continue this week in our study of spiritual spring cleaning, today we are going to look at the Prayer of Examen. This discipline was developed by St. Ignatius. St. Ignatius was born in 1491 in a castle in Spain. He was raised in a family of nobility and had all the advantages and training that one would expect from this position. Ignatius enjoyed these advantages and led a lifestyle of indulgence.

While serving in the Spanish army, he was injured in a battle and required a long recuperation. During that time, the only reading material he had was a book on the history of the lives of the saints. Through the influence of the stories and a vision of baby Jesus and his mother that he had, Ignatius turned his life around and began serving Christ. He is the founder of the Jesuits.

Ignatius developed a several weeks-long exercise called the Prayer of Examen. This has been adapted to an exercise that we can do each evening as well. The Prayer of Examen is an in-depth prayer that helps us to discern God's will, find God in all things, and enhance our understanding of God's creation.

This is a perfect exercise to do this week during our spiritual spring cleaning, as it helps us to examine our days--what we did well and not so well. Here is a link to a downloadable pdf on the Prayer of Examen from [Christian Power Pages](#).

**Application:** This evening, spend some time working through the Prayer of Examen.

**Prayer:** Lord,

I pray for Your insight as I work through this exercise. Please help me to examine my life and show me any changes You want me to make. Amen.