

# Methods of the Examination of Conscience

Prepared by Steve Shussett, September 2010

**“Where did I cooperate with love?  
And where did I not cooperate with love?”**



## **The Sleeping with Bread Examen**

*Dennis Linn, et. al. Sleeping with Bread*

Take about five minutes of quiet to ask yourself *one pair* of the following questions:

- ☞ For what moment today am I most grateful? For what moment today am I least grateful?
- ☞ When did I give and receive the most love today? When did I give and receive the least love today?
- ☞ When did I feel most alive today? When did I most feel life draining out of me?
- ☞ When today did I have the greatest sense of belonging to myself, others, God, and the universe? When did I have the least sense of belonging?
- ☞ When was I happiest today? When was I saddest?
- ☞ What was today's high point? What was today's low point?



## **Ignatius' General**

### **Examination of Conscience**

*Adapted from Ignatian Spirituality by Charles Jackson*

Give thanks to God our Lord for the favors received

Ask for the grace to know your sins

Examine how you have lived this day

Ask forgiveness for any faults

Resolve to amend with the grace of God



## **“Rummaging for God”**

*Dennis Hamm, America*

Open with prayer

Review the day in thanksgiving.

How did the day help or hinder growth toward God?

Review actions, omissions, thoughts, desires.

What does this say about my relationship with God, self, others?

Feel for positive and negative energies.

Does a single event stand out?

Did a pattern emerge over the day?

Was a climate of my life revealed?

Pray for God to reveal, teach, change

Identify something raised and offer a response for the next day.



## **Prayer of Examen**

*Mars Hill Bible Church (www.marshill.org)*

Take a moment to be attentive to the presence of God.

As you consider the past day, what causes you to feel grateful?

When or where in the past 24 hours, were you most cooperating with God's action in your life? When were you most resisting?

What habits and life patterns do you notice from the past day?

How do you feel led to respond? To ask for forgiveness, seek direction, express a concern, share thankfulness, or resolution to make a change?

Beginning today, how do you want to live your life differently?

What patterns do you want to keep living tomorrow?