



Vicki Tillman Coaching

Mindfulness Exercises: Ignatian Examen

This is an easy and relaxing prayer activity that builds calmness and trust in God.

Ignatian Examen: How-to

This exercise was designed by a monk, Ignatius, back in the 15th century. There are variations on the method of the Examen. It is not important to “get the format right”. Simply take the idea and adapt it for yourself. Once or twice a day, stop and think back through your day.

- 1) Think about where you have seen God at work in the world around you. (Something in nature such as a beautiful sunset, a bird or a flower.)
- 2) Then think about where you have seen God at work in someone else. (God blessed a friend, helped her understand or conquer a problem.)
- 3) Then think about where you have seen God at work in YOU. Has He given you insight on an issue, helped you keep your temper, or given you favor with the boss?