

# The Daily Examen

## Recognize God in Your Life



From the article [Try the Daily Examen](#):

In the Examen, we review our recent past to find God and God's blessings in life. We also look back to find moments in the day when things didn't go so well—[Third Sunday of Easter, April 26, 2020](#) when we were hurt by something that happened to us, or when we sinned or made a mistake. We give praise and thanksgiving for the blessed moments. We ask forgiveness and healing for the difficult and painful moments. Having reflected on this past day, we then turn to the day yet to come and ask God to show us the potential challenges and opportunities of tomorrow. We try to anticipate which moments might go one way or the other for us: toward God's plan or away from it. We ask for insight into what graces we might need to live this next day well; patience, wisdom, fortitude, self-knowledge, peace, optimism. We ask God for that grace, and we trust that he wants us to succeed in our day even more than we do.

That's the basic idea behind the Ignatian Examen. St. Ignatius Loyola would say that this should be the most important moment of our day. Why? Because this moment affects every other moment. To learn more about The Daily Examen, read the [article](#). Then choose a few of the resources listed by age category for your family this week.

St. Ignatius provides you simple five-step routine for our daily Examen:

To help remember the five steps, we suggest using a 5-Rs mnemonic:

- Relish the moments that went well and all of the gifts I have today.
- Request the Spirit to lead me through my review of the day.
- Review the day.
- Repent of any mistakes or failures.
- Resolve, in concrete ways, to live tomorrow well.

### **Resources for Families**

- [Article](#): Praying the Daily Examen for Teens and older kids.
- A [Daily Examen](#) for children and teens.
- A [Daily Examen](#) for Families
- [Two Simple Ways](#) to do Daily Examen in Families
- [The Ignatian Examen Prayer with Music](#) with Emily Schmid, St. Francis of Assisi Music Director

### **Resources for Small Children**

- Praying the [Daily Examen with 4-6 year olds](#)
- Daily Examen for young children with [questions to help the children reflect](#).

### **Resources for Elementary Kids**

- Pray As You Go: [Audio Guide](#) for Daily Examen for Children
- [Daily Examen for Children](#)

### **Resources for Teens**

- Video: [What is the Ignatian Daily Examen?](#)
- [Easy 3x5 Daily Examen](#)
- [Ignatian Spirituality](#)
- [The Ignatian Examen Prayer with Music](#) with Emily Schmid, St. Francis of Assisi Music Director, like she did during the Zoom Youth Night on 4/20
- Summit: 4th Sunday of Easter [Video Reflection](#)

### **Resources for Adults**

- Pray As You Go: [Audio Guide](#) for Daily Examen for Adults
- Does music help you through hard times? The composer of On Eagles Wings has composed a [new hymn inspired by Covid-19](#)
- [Reflection questions](#) - Sun. Readings 5/3
- Sunday & Weekday [Readings](#)
- [Recommendations](#) from Formed.org

### **Resources: Special Needs**

- [5-Finger Daily Examen](#)
- Family Activity: [Conscious Relaxation](#)

### **SFA streamed live on Facebook:**

**Mass: 9:30 am Sun.** [Worship Aid](#)

ASL Interpretation provided for Sunday Mass

**Mass: 8:45 am Wed.** (School Mass)

### **Daily:**

**Adoration** - 6 am

**Rosary** - 7 am

\* Streamed masses will be recorded and posted on our [website](#) and [Vimeo page](#).

