

Examen 25¹

Thank you for...Forgive me for...Help me with...

I address God spontaneously regarding the things, people, and moments for which I am most grateful. I say, "Thank you, God, for..." and I just let my mind drift from one gift of my life to the next, without consciously steering my thoughts one way or another. I take note of what I find my heart and soul are saying to God at this moment.

Next, I talk to God about the things, people, and moments about which I feel bad. I say, "Forgive me, God, for..." and I just let myself go. I listen carefully to what I find my heart and soul are saying to God at this moment.

Finally, I address God regarding future things, future people, and future moments for which I will need God's help. Thinking about the coming day, I pray, "God, help me with..." and I just let myself go. I attend to what my heart and soul are saying to God at this moment.

¹ Mark E. Thibodeaux, *Reimagining the Ignatian Examen* (Chicago: Loyola Press, 2015), 59.