



## The Ignatian Prayer of the Examen

Discovering The Presence of God in Your Day

### OPENING PRAYER

#### **First Reader:**

[Jesus said,]  
“I am the light of the world...  
Whoever follows me  
Will have the light of life  
And will never walk in darkness” — John 8:12

#### **Second Reader:**

Lord Jesus, you said that where two or three come together in your name, you are there with them. The light of this candle symbolizes your presence among us.

#### **Third Reader:**

And, Lord Jesus, where you are, there, too, are the Father and the Spirit. And so we begin our meeting in the presence and the name of the Father, the Son, and the Holy Spirit.

### CLOSING PRAYER

#### **First Reader:**

We conclude our meeting by listening to Jesus say to us what he said to his disciples in his Sermon on the Mount:

#### **Second Reader:**

“You are the light for the whole world.  
A city built on a hill cannot be hid.  
No one lights a lamp and puts it under a bowl;  
instead he puts it on a lampstand, where it gives light  
for everyone in the house.  
In the same way your light must shine before  
people, so that they will see the good things that  
you do and praise your Father in heaven.”  
— Matthew 5:14-16

#### **First Reader:**

The light of this candle is now extinguished.  
But the light of Christ in each of us must continue to  
shine in our lives.  
Toward this end we pray together the Lord’s Prayer:  
“Our Father...”



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