

**The Ignatian Prayer of the Examen:  
*Discovering the Presence of God in Your Day*  
 Suggested Facilitator Assignment**

**Session 1**

| Section                                   | Facilitator 1 | Facilitator 2 |
|---|---------------|---------------|
| Welcome & Outline of Expectations         | X             |               |
| Opening Prayer                            | X             |               |
| Introductions                             |               | X             |
| Retreat Overview: Relationship meditation |               | X             |
| Retreat Overview: How we will proceed     | X             |               |
| Who Was St. Ignatius?                     |               | X             |
| Group Examen                              |               | X             |
| Why Pray the Examen                       | X             |               |
| What is the Examen                        | X             |               |
| How the RTE book is organized             |               | X             |
| Terminology                               |               | X             |
| Establishing the Examen Habit             | X             |               |
| Assignment for Next Week & Announcements  |               | X             |
| Closing Prayer                            | X             |               |

**Session 2**

| Section   | Facilitator 1 | Facilitator 2 |
|---|---------------|---------------|
| Opening Prayer                                    |               | X             |
| Pulse Check                                       | X             |               |
| Holy Listening: God Speaks to Us                  |               | X             |
| Holy Listening Guidelines                         | X             |               |
| Holy Listening Focus question & split into groups | X             |               |
| Holy Listening                                    | X             | X             |
| Discernment of Spirits                            |               | X             |
| Assignment for Next Week & Announcements          | X             |               |
| Closing Prayer                                    |               | X             |

**Session 3**

| Section  | Facilitator 1 | Facilitator 2 |
|--|---------------|---------------|
| Opening Prayer   | X             |               |
| Pulse Check  |               | X             |
| Holy Listening Prep – Guidelines Reminder & Focus question |               | X             |
| Holy Listening   | X             | X             |
| Listening Hand preparation                                 | X             |               |
| Assignment for Next Week & Announcements                   |               | X             |
| Closing Prayer   | X             |               |

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**Session 4**

| <b>Section</b>  | <b>Facilitator 1</b> | <b>Facilitator 2</b> |
|---|----------------------|----------------------|
| Opening Prayer  |                      | X                    |
| Pulse Check   | X                    |                      |
| Holy Listening Setup – Guidelines Reminder & Focus Question |                      | X                    |
| Holy Listening  | X                    | X                    |
| What's Next   | X                    |                      |
| Evaluations   | X                    |                      |
| Announcements   | X                    |                      |
| Closing Prayer  |                      | X                    |