

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

Session 1

Section	Facilitator 1	Facilitator 2
Welcome & Outline of Expectations	X	
Opening Prayer	X	
Introductions		X
Examen as a Prayer of Relationship		X
Introduction to Retreat	X	
Who Was St. Ignatius?	X	
Group Examen		X
Examen Debrief		X
Why Pray the Examen	X	
Orientation to <i>Reimagining the Ignatian Examen</i> book	X	
Selecting an Examen Prayer	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

Section	Facilitator 1	Facilitator 2
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