

## The Ignatian Prayer of the Examen: Discovering the Presence of God in Your Day Session Timed Outline

### Program Objectives:

At the end of this retreat in everyday life participants should:

- Have experience with making the Examen a part of their daily prayer routine.
- Be more aware of the presence of the Holy Spirit in their everyday lives.
- Have a template for faith sharing that can be used in other contexts and without the presence of an Ignatian team member.

### Session 1

Time	Content
5 minutes (10-10:05 AM; 6:05:05 PM)	<b>Welcome &amp; Outline of Expectations</b>
10 minutes (10:05-10:15 AM; 6:05-6:15 PM )	<b>Opening Prayer</b> <ul style="list-style-type: none"> <li>• Describe Prayer Table</li> <li>• Centering exercise</li> <li>• Opening Prayer</li> </ul>
8 minutes (10:15 -10:23 AM; 6:16-6:23 PM)	<b>Introductions</b>
2 minutes (10:23-10:25 AM; 6:23 – 6:25 PM)	<b>The Examen as a Prayer of Relationship</b> -Relationship visualization
2 minutes (10:25-10:27 AM; 6:25 – 6:27 PM)	<b>Introduction to Retreat</b> <ul style="list-style-type: none"> <li>• Retreat overview</li> <li>• Weekly meeting format</li> </ul>
10 minutes (10:27-10:37 AM; 6:27-6:37 PM)	<b>Who was St. Ignatius of Loyola?</b> <i>There are two options for this topic. Option 1 is to show the DVD “Who Cares About the Saints” by Fr. James Martin on the life of St. Ignatius or access the video on YouTube. Option 2 is to facilitate a group discussion of his life covering the information below. In either case, point to the link to the YouTube video which is in the “Participant Guide”.</i>
10 minutes (10:37-10:47 AM; 6:47 – 6:57 PM)	<b>Group Examen</b>
10 minutes (10:47 – 10:57 AM; 6:47 – 6:57 PM)	<b>Debrief Examen Experience</b> <ul style="list-style-type: none"> <li>• Journaling</li> <li>• Reflection on experience</li> </ul>

Time	Content
3 minutes (10:57-11 AM; 6:57-7 PM)	<b>Why pray the Examen?</b>
5 minutes (11-11:05 AM; 7-7:05 PM)	<b>Introduction to Reimagining the Examen Book</b> <ul style="list-style-type: none"> <li>• Sections of the book</li> <li>• Examen steps</li> </ul>
4 minutes (11:05-11:09 AM; 7:05-7:09 PM)	<b>Selecting an Examen Prayer</b> <ul style="list-style-type: none"> <li>• Review selection of prayers in <i>Reimagining the Ignatian Examen</i></li> </ul>
3 -5 minutes (11:09-11:14 AM; 7:09-7:14 PM)	<b>Terminology</b> <ul style="list-style-type: none"> <li>• Brief review of the terms on page 81-84 of <i>Reimagining the Ignatian Examen</i>.</li> </ul>
5 minutes (11:14-11:19 AM; 7:14-7:19 PM)	<b>Establishing the Examen habit</b> <ul style="list-style-type: none"> <li>• Discuss “Tips for Getting Started” on page xiii of <i>Reimagining the Ignatian Examen</i>.</li> </ul>
5 minutes (11:19-11:24 AM; 7:19-7:24 PM)	<b>Assignment for Next week &amp; Announcements</b> <ul style="list-style-type: none"> <li>• Letter to God assignment</li> <li>• “First Step: Gratitude” handout from The Examen Prayer: Ignatian Wisdom for Our Lives Today</li> <li>• Prayer table volunteer</li> <li>• Announcements</li> </ul>
2 minutes (11:24-11:26 AM; 7:24-7:26PM)	<b>Closing Prayer</b>

## Session 2

Time	Content
5 minutes (10-10:05 AM; 6-6:05 PM)	<b>Opening Prayer</b> <ul style="list-style-type: none"> <li>Describe sacramental item brought for prayer table</li> <li>Centering exercise</li> <li>Opening Prayer</li> </ul>
10 minutes (10:05-10:15 AM; 6:05 – 6:15 PM) )	<b>Pulse Check</b> <ul style="list-style-type: none"> <li>Brief discussion of how things went this past week.</li> </ul>
5 minutes (10:15 -10:20 AM; 6:15-6:20 PM)	<b>Holy Listening: God Speaks To Us</b> <ul style="list-style-type: none"> <li><b>Discuss</b> how God speaks in scripture.</li> </ul>
5 minutes (10:20-10:25 AM;)	<b>Holy Listening</b> <ul style="list-style-type: none"> <li><b>Introduce</b> Holy Listening process &amp; guidelines.</li> </ul>
20 -30 minutes (10:25-10:55 AM)	<b>Holy Listening</b> <ul style="list-style-type: none"> <li>Organize into Holy Listening groups.</li> <li><b>Review</b> Holy Listening prompt in the <i>Participant Guide</i></li> <li><b>Conduct</b> Holy Listening.</li> </ul>
10 minutes (10:55-11:05)	<b>An Introduction to Discernment of Spirits</b> <ul style="list-style-type: none"> <li><b>Meaning</b> of DOS</li> <li><b>Desolation/Consolation</b></li> <li><b>3 Steps to DOS</b></li> </ul>
	<b>Three Steps to the Discernment of Spirits<sup>i</sup></b>
5 minutes (11:05 – 11:10 AM)	<b>Assignment for Next Week &amp; Announcements</b> <ul style="list-style-type: none"> <li>Traditional plus Examen 13</li> <li>“God Sighting Map</li> <li>Weekly Review Examen.</li> <li>Reading assignment: “Second Step: Petition” (pages 68-74) and “Third Step: Review” (pages 75-86) from the book <i>The Examen Prayer: Ignatian Wisdom for Our Lives Today</i> by Timothy Gallagher, O.M.V.</li> <li>Prayer table volunteer</li> </ul>
5 minutes (11:10-11:15 AM)	<b>Closing Prayer</b>

## Session 3

Time	Content
5 minutes (10-10:05 AM; 6-6:05 PM)	<b>Opening Prayer</b> <ul style="list-style-type: none"> <li>• Describe sacramental item brought for prayer table</li> <li>• Centering exercise</li> <li>• Opening Prayer</li> </ul>
5 minutes (10:05-10:10 AM; 6:05-6:10 PM)	<b>Pulse Check</b> <ul style="list-style-type: none"> <li>• Brief discussion of how things went this past week.</li> </ul>
30-40 minutes (10:10-10:50 AM; 6:10-6:50 PM)	<b>Holy Listening</b> <ul style="list-style-type: none"> <li>• <b>Review Holy Listening Guidelines.</b></li> <li>• <b>Review Focus Question</b></li> <li>• <b>Holy Listening</b></li> </ul>
10 minutes (10:50-11 AM; 6:50-7 PM)	<b>Listening Hand Preparation</b> <ul style="list-style-type: none"> <li>• Meditation to identify those who have been channels of God’s grace for us and have shown us the love of God.</li> <li>• Introduce “Listening Hand” exercise.</li> </ul>
5 minutes (11 – 11:05 AM; 7-7:05 PM)	<b>Assignment for Coming Week &amp; Announcements</b> <ul style="list-style-type: none"> <li>• <b>Review Listening Hand</b> assignment</li> <li>• Reading assignment: “Fourth Step: Forgiveness” and “Fifth Step: Renewal” (pages 87-102) from <i>The Examen Prayer: Ignatian Wisdom for Our Lives Today</i> by Timothy Gallagher, O.M.V.</li> <li>• Prayer table volunteer</li> <li>• Announcements</li> </ul>
5 minutes (11:05-11:10 AM; 7:05-7:10 PM)	<b>Closing Prayer</b>

## Session 4

Time	Content
10 minutes (10:10-10:20 AM; 6:10-6:20 PM)	<b>Opening Prayer</b> <ul style="list-style-type: none"> <li>• Describe sacramental item brought for prayer table</li> <li>• Centering exercise</li> <li>• Opening Prayer</li> </ul>
10 minutes (10:10-10:20 AM; 6:10-6:20 PM)	<b>Pulse Check</b> <ul style="list-style-type: none"> <li>• Brief discussion of how things went this past week.</li> </ul>
30-40 minutes (10:20-11 AM; 6:20 – 7 PM)	<b>Holy Listening</b> <ul style="list-style-type: none"> <li>• <i>If possible</i>, Describe sacramental item brought for prayer table</li> <li>• Centering exercise</li> </ul> <p>Opening Prayer <i>keep the full group together for this final Holy Listening.</i></p> <ul style="list-style-type: none"> <li>• Review Holy Listening Guidelines.</li> <li>• Introduce focus question.</li> <li>• After everyone in the circle has responded, participants then reflect on how the Holy Spirit has moved them as they listened.</li> </ul>
5 minutes (11-11:05 AM; 7- 7:05 PM)	<b>What's Next</b> <ul style="list-style-type: none"> <li>• Upcoming Ignatian events such as retreats, Encountering the Living God, Everyday Discernment, spiritual exercise groups</li> <li>• Retreat opportunities.</li> <li>• Additional recommendations.</li> </ul>
5 minutes (11:05-11:10 AM; 7:05-7:10 PM)	<b>Retreat Evaluations</b> <ul style="list-style-type: none"> <li>• Distribute evaluations or explain how/when virtual evaluations will be sent.</li> </ul>
2 minutes (11:10-11:12 AM; 7:10-7:12 PM)	<b>Announcements</b>
5 minutes (11:10-11:15 AM; 7:10-7:15 PM)	<b>Closing Prayer</b>