

friendship examen

ABOUT THE EXAMEN

The prayer of Examen originates with Saint Ignatius of Loyola, a medieval Spanish monk and founder of the Jesuits, whose encounter with God's love sparked a desire to grow in discernment of the movements and presence of God in daily life. The prayer has 5 classic movements: gratitude, illumination, review, forgiveness, and renewal. To learn more, visit curateministries.org.

This exercise is our take on praying the Examen through the lens of our friendships.

Illumination. Quiet your heart before the Lord for a moment. Invite the Holy Spirit to help you recall to mind the things He wants you to notice.

Gratitude. Take a few minutes to note friendships throughout your life that you're thankful for. Offer a prayer of gratitude to God for these special people.

Review. Recall the last deep conversation you had with one of these friends.

What was the conversation like? What did you notice? What did you feel?

How did you encounter God in this conversation?

Forgiveness. What do you long for in friendship? Do any friends come to mind with whom you need to reconcile or move towards forgiveness? Bring that relationship before God.

Renewal. How can you be a loving presence for a friend? What is one step you can take in the next week to cultivate your friendship with someone?