

Examen Prayer Retreat

Resources

Fr. Timothy M. Gallagher, O.M.V. *The Examen Prayer: Ignatian Wisdom for Our Lives Today*. New York: Crossroad Publishing Company, 2006.

This book is an excellent resource on the Examen prayer, and has many examples and tips that can help understand the prayer and make it more fruitful.

Fr. Timothy M. Gallagher, O.M.V. *The Discernment of Spirits: An Ignatian Guide for Everyday Living*. New York: Crossroad Publishing Company, 2005.

Again, Fr. Gallagher has done an excellent job of taking the Ignatian rules for the discernment of spirits and made them approachable and understandable.

Dan Burke. *Spiritual Warfare and the Discernment of Spirits*. Manchester, NH: Sophia Institute Press, 2019.

This book contains a more succinct rundown of the rules for discerning the spirits, and it has a strong emphasis on how this practice can help us in our daily lives.

<http://www.ignatianspirituality.com>

Many resources on the Examen, Discernment of Spirits, and other prayer.

“Reimagining the Examen” app on iTunes and Google Play.

(See <http://reimaginingexamen.ignatianspirituality.com/>)

This app is based on the book *Reimagining the Examen* by Fr. Mark E. Thibodeaux, S.J.

Praying the Examen Prayer

1. **Gratitude:** give thanks to God our Lord for the benefits received.
2. **Prayer:** ask grace to know our sins and cast them out.
3. **Reflect:** ask account of our soul from the hour that we rose up to the present Examen, hour by hour... first as to thoughts, and then as to words, and then as to acts.
4. **Forgiveness:** ask pardon of God our Lord for the faults.
5. **Renewal:** resolve to amend our lives with His grace.

Basics of the Discernment of Spirits

“*Spiritual consolation* is an experience of being so on fire with God’s love that we feel impelled to praise, love, and serve God and help others as best as we can...

“*Spiritual desolation*, in contrast, is an experience of the soul in heavy darkness or turmoil...

from <https://www.ignatianspirituality.com/making-good-decisions/discernment-of-spirits/introduction-to-discernment-of-spirits>

How Spirits Work - “Some basic patterns are easy to grasp... [T]he good spirit usually brings love, joy, peace, and the like; the evil spirit characteristically brings confusion, doubt, disgust, and the like. Another pattern: when you are leading a seriously sinful life, a good spirit will visit you with desolation to turn you around; an evil spirit will keep you content so that you will keep sinning. Another clear pattern is the opposite of this: when you are seriously serving God, the spirits change roles. The evil spirit clouds your day with desolation to lead you away from God, while the good spirit fills your day with trust and love of God. And a final, easily grasped pattern: a spirit that works in light and openness is good, while a spirit cloaked in secrecy and deception is evil.” from <https://www.ignatianspirituality.com/making-good-decisions/discernment-of-spirits/discernment-in-a-nutshell>