

INNER PEACE – THE EXAMEN

1. Reflection

The Examen of Consciousness is a daily spiritual exercise created by St. Ignatius of Loyola.

It is a prayer of looking back and trying to see where God has been working and moving in one's life. It takes about 15 minutes and is generally performed at the end of the day, but it can be used at any time. In this context, it can be used to reflect about how each of us promotes and lives peace, how we react to daily accidents and how we communicate with other people.



Explain to the students what the Examen is. Then, ask the students to close their eyes and to reflect on the last 24 hours. Pacing yourself, read the guidelines below¹. The whole exercise should last about 15 minutes.

- Slow down and consciously put yourself in the presence of God who has created all things – thank God for one gift you have received today.
- In your own words, ask God to show you how he has moved in your life.
- Look slowly through the day, starting from the time you woke up. Picture the places, the people, your actions, words, thoughts... Be neutral here, don't judge yourself, just note what happened. Now, how did you feel, where was God in your life today? Did you have any moments of struggle?
- Give thanks for something you are proud of from today. Then, in your own words, say sorry for the times you turned away from God, and in confidence ask for his mercy.
- In hope, look forward to tomorrow, ask God to be with you, and think about your intentions for the next 24 hours.

2. Action

You can find a youth-friendly template of the Examen at tinyurl.com/ldm93au, produced by Busted Halo.

Using this template, or one of the points of the Examen above, students can write a prayer on peace, individually or in groups. They can choose to concentrate on their community, their partner school, or the partnership.

Ideas to connect and exchange

If appropriate, students can exchange the prayers with their partner school.

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¹ Adapted from a handout received at Loyola Hall (Rainhill, UK).