



## The Awareness Examen

A simple Ignatian prayer for an awareness  
of God at work in my daily life

This PDF is generated automatically by **Vizle**.  
Slides created *only for a few minutes* of your Video.



For the full PDF, please **Login to Vizle**.

<https://vizle.offnote.co> (Login via Google, top-right)

**Stay connected** with us:

Join us on **Facebook, Discord, Quora, Telegram**.



## Step 1 – Thanks

In the name of the Father  
and of the Son and of the Holy Spirit.  
Amen.

I take a relaxed position with a straight back,  
my body poised for prayer.

I close my eyes.



## Step 1 – Thanks

The first step: I give thanks

I give thanks for the graces, benefits,  
and good things of my day.

I remember each good experience, small  
or large, and allow gratitude  
to well up in me.

You will be enriched in every way, give thanksgiving. 2 Cor 9:10



## Step 3 – Review

The third step: I review my day

I review my day,  
hour by hour, from my rising to the present,  
to see how God is working  
in my life.

I do not focus on myself, rather on  
the God at work in  
my daily life.

My Father is still working, and I also am working. Jn 5:17

The fourth step: I respond

I respond to God, sharing in conversation,  
what I felt or learnt in my review just made.

It may be quiet joy, or sorrow, or delight,  
or expressing humbly some  
need or desire.



Explore the website: [www.fsecloud.life](http://www.fsecloud.life)

The Book: “The First Spiritual Exercises”

The Manual: “The First Spiritual Exercises - A Manual for Givers”

Ave Maria Press, Notre Dame, Indiana. 2013

Available at [www.bookdepository.com](http://www.bookdepository.com) or [www.amazon.com](http://www.amazon.com)

For more Ignatian First Spiritual Exercises

This PDF is generated automatically by **Vizle**.  
Slides created *only for a few minutes* of your Video.



For the full PDF, please **Login to Vizle**.

<https://vizle.offnote.co> (Login via Google, top-right)

**Stay connected** with us:

Join us on **Facebook, Discord, Quora, Telegram**.