



R-Group Process

IGNATIAN EXAMEN PRAYER

This prayer can be used for a sacred space process in your R-Group. Decide ahead of time how much time you will devote to this process and then divide that time between the steps. The intention is to slow down, to pay attention, and to find God in all aspects of our lives. This prayer can help us to enter into gratitude. It can also help us to discover patterns or ways of living that are showing up in our lives. These patterns can be brought to God's loving presence for renewal.

1 Thessalonians 5:18 *"...in everything give thanks; for this is God's will for you in Christ Jesus."*

As lead your group into this time of prayer, invite them to recall that they are in the presence of God, that they are always in the presence of God. You could have them pray this sentence after you: "God, I acknowledge that I am in your presence and enveloped in your love." Pause and allow the group to sit in silence for a moment before moving into the prayer time.

STEP #1 - GRATITUDE

Instruct the group to consider their day with gratitude and to recall the blessings they received that day. After a minute or two of silence, give the group members the opportunity to pray aloud a one or two sentence prayer of gratitude. Or, if your intention is for this to be a long sacred space time, you could give the group time to journal or write down the things they are grateful for from that day.

Next, have the group repeat this prayer after you: "God, every breath I take is a gift." *Pause while they repeat.* "You have filled my day with so many gifts." *Pause while they repeat.* "Thank you, God!"

STEP #2 - PETITION

Instruct the group to pray the following prayer after you: "Father, would you give me the grace to see my day as if seeing it through your eyes?"

STEP #3 - REVIEW THE DAY

Instruct the group members to silently review their day. Instruct them to silently pray, asking God to show them what they need to see. Instruct them to listen to His voice, which comes in truth and with compassion. Tell them to trust whatever comes to them. Tell the group that the purpose of this step is to awaken them to the loving presence of God and to help them say “YES” to God in this moment. This is not a time for beating yourself up. Give the group time in silence to pray through their day.

STEP #4 - FORGIVENESS

Instruct the group: “If you became aware of something that happened during the day where you did not show up in the way you would like, were out of integrity, or did not respond to the invitation to love and be loved, simply ask for forgiveness. As you confess, risk receiving the love of God which is always with you and within you. Forgiveness is granted as we ask for it sincerely from our hearts.”

STEP #5 - RENEWAL

Instruct the group to pray this prayer after you: “God, thank you for helping me to see who you have made me to be and who you are helping me to become.” *Pause*. “Help me to see what Your vision is for me.” *Pause and remain in silence for several moments*. Instruct the group members consider this question: “What action would you like to take tomorrow that will help you along the way of fulfilling God’s vision for your life?” Have them pray the answer to God in silence.

STEP #6 - FINAL PRAYER

Complete this Examen with group prayer, allowing the group members to pray spontaneously from their hearts.