

*Examination of Conscience by St. Ignatius of Loyola*

**Presence**

I relax in my favorite prayer space and posture. I become aware that God is Looking at me with love, and I ask for the Holy Spirit's aid in this time of prayer.

**Gratitude**

I give thanks to God for his gifts today. What was my favorite moment?

How did God reveal himself to me?

**Review**

I recall my emotions, thoughts, and urges during the day.

What stirrings in my heart were of God? Did I resist his grace today?

**Forgiveness**

I acknowledge the times when I acted sinfully and selfishly.

I ask for God's forgiveness and healing, and rest in his mercy.

**Hope**

I resolve to trust in God's loving guidance. I plan, with the Holy Spirit,

How I will live more in accord with his love tomorrow.