

PRAYING THE JESUIT EXAMINATION OF CONSCIENCE

1. Thanksgiving

Lord, I realize that all, even myself, is a gift from you.

- Today, for what things am I most grateful?

2. Intention

Lord, open my eyes and ears to be more honest with myself.

- Today, what do I **really want** for myself?

3. Examination

Lord, show me what has been happening to me and in me this day.

- Today, in what ways have I experienced your love?

4. Contrition

Lord, I am still learning to grow in your love.

- Today, what choices have been inadequate responses to your love?

5. Hope

Lord, let me look with longing toward the future.

- Today, how will I let you lead me to a brighter tomorrow?

Adapted from *Through All the Days of Life*, a collection of prayers compiled by Fr. Nick Schiro, S.J.