



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?

Designed to foster an awareness of God, neighbor, and self, the Examination of Conscience holds a special place in the daily prayers of Jesuits priests, brothers, and seminarians from every part of the world. Since Jesuit beginnings, founder St. Ignatius Loyola consistently spoke of the value of this spiritual exercise for all believers everywhere.



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