

# Create Your Own Examen: Facilitation Guide

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## Contemplatives in Action Curriculum

**Time:** 30-60 minutes

**Group:** 2+ students (can be done with large groups, too)

Camino Small Group, Retreat, & Other Leaders

*This activity is primarily geared towards student leaders who have experienced the Ignatian Examen in personal and group settings.*

### Materials:

- Journal and pen
- “Rummaging for God: Praying Backward Through Your Day” (5 minute read)  
<https://www.ignatianspirituality.com/ignatian-prayer/the-examen/rummaging-for-god-praying-backward-through-your-day/>
- “Ignatian Spirituality: The Examen” (5 minute video)  
<https://www.youtube.com/watch?v=pDQgjzJINdk>
- “Reimagining the Examen” App

**Outcomes:** Students will explore the five steps in an Ignatian Examen: open to God’s presence, offer thanksgiving, review experiences, ask for pardon and strength, going forward with hope.  
Students will write/create an Examen for a leadership/group activity.  
Students will practice leading this Examen.

**Contemplatives in Action relation (bolded):**

**Self / Group** / Community  
Experience / **Reflection / Action**

### Summary:

1. Facilitator will review the five steps of the Ignatian Examen with students. These are outlined above. The linked resources can be helpful tools to use, read from, or adapt in naming these steps.
2. Group discussion: How can the Examen be spiritually fruitful in individual and small group settings?
3. Individual journaling: Student leaders will have 15-20 minutes in solitude to draft an original version of the Examen that could be used in this or another setting.
4. Examen: Depending upon the number of participants, each student will lead the group in the Examen they created. This exercise may need to be facilitated in several ways (e.g., pairs, triads, small groups, etc.) to ensure listeners’ capacity to hear and offer feedback and complete this step within the time allotted. If time is close to expiring and not everyone has had a chance to receive feedback, identify a concrete future time to do so.
5. Group members will provide feedback immediately afterwards.
6. Students can make revisions based on this feedback.