



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.

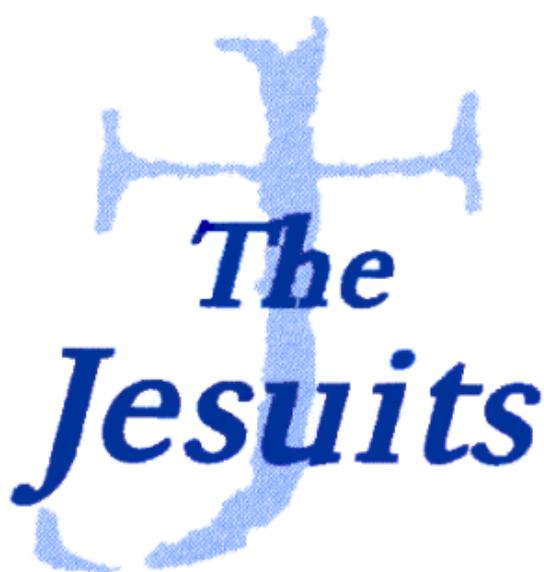
- Today, what choices have been inadequate responses to your love?

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 Jesuit 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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