

# My Daily Examen - for Parent and Child

Part of the rich tradition of the Catholic Church is recognizing the need to reflect on the day's activities—to see how God worked in your life and how you responded to His grace. Saint Ignatius of Loyola developed a simple method by which you can review each day in a way that will help you grow in self-knowledge and help to follow God's Will. It can also help to prepare you to receive the Sacrament of Reconciliation. This practice is often called the Daily Examen.<sup>4</sup>

Practicing the Daily Examen as a family, but only with respect to sins that disrupt the happiness of family life, will foster a habit in your children when they are young, so that they may perform this on their own in the future. In making a Daily Examen, you will review your actions each day, which can carry over to "My Confession Worksheet." A simple way to employ this is by adding it to your evening prayer time, typically before the children go to bed, using following the five steps below.

**Step 1**            **Place yourself in the presence of God**

Ask the Holy Spirit to show you how to love Him more. Close your eyes for a minute or so and listen.

**Step 2**            **Review the day with gratitude**

Think of at least one thing you are grateful for.

**Step 3**            **Daily Review / Reflection**

Talk about where you saw God in your day. Did He answer a prayer? Did He speak to you through a friend, book, movie, scripture, etc.?

**Step 4**            **Virtues, Faults & Forgiveness**

Work together to determine which fault each family member is struggling with and the virtue that opposes it (see below for a virtue vs. fault grid). Only tackle one fault at a time and ask God for the wisdom to discern which fault He would like each of you to address first. Restrict the discussion to faults that destroy a happy family life.

How are you doing? This is an opportunity to help one another daily to grow in virtue. Did you hurt anybody in word or action and not seek forgiveness from them? You may ask for and receive forgiveness from family members at this time.

It is important to note, however, that sins, by their very nature, are private (between each person and God, either directly or through the Sacrament of Reconciliation) and do **not** need to be revealed to other family members at this time. This is simply an opportunity for each family member to share their successes and failures in their attempt to grow in virtue each day within their level of comfort. No pressure should be placed upon family members to share their sins.

**Step 5**            **Look toward tomorrow with hope**

Ask God to help you tomorrow and promise to allow Him to lovingly guide you.

Below is an overview of the virtue and character traits along with their opposing faults and sins, to aid in your Daily Examen.

<b>Virtue</b>	<b>Opposing Fault</b>
Temperance – self-control	Gluttony – over indulgence
Charity – giving	Greed – avarice
Diligence – zeal for work	Sloth – laziness
Chastity – purity	Impurity
Forgiveness	Wrath – losing your temper, rage
Kindness – admiration	Envy – jealousy
Humility – humbleness	Pride – vanity
Patience	Impatience – quick tempered
Hope	Despair – no hope
Gentleness	Severity – cruelty
Obedience	Disobedience

“By prayerfully reviewing your day, you will experience the difference it can make in the way you live. If you make a habit of practicing the Daily Examen, you will grow closer to God in your thoughts and deeds and will be free to choose to follow him.”<sup>4</sup>

---

4 - Loyola Press, IgnatianSpirituality.com