

# Reflection

## Ignatian Examination of the Day

Saint Ignatius of Loyola wanted to be fully present to God throughout his day. To prepare for the next day, he reviewed the day he had just lived. This review, or examination, brought to mind ways he was present to God and ways he needed to be more present to God.

Before you go to bed at night, take a little time to end your day with God. This will help you to let go of the day and start tomorrow fresh—a clean slate, a new beginning. Following are several ways to do so:

- Begin by thanking God for the day.
- Ask the Holy Spirit to help you see the day through his eyes.
- Think through your day, hour by hour. Getting out of bed and ready for school . . . arriving at school and seeing your friends . . . going through your morning classes . . . lunch . . . afternoon classes . . . after-school activities . . . coming home . . .
- What are you grateful for? When did you see God at work? For those moments, pray, “Thank you, God, for . . .”
- What are you sorry for? Everyone sins. The greatest damage, however, isn’t in the moment of the act itself but in the effects a sinful act has on others, on the person who committed it, and on their relationship with God. When you sin, you might feel shameful, or you might think you are a bad person. It is much better to simply acknowledge your sins and shortcomings and ask God and others to forgive you.
- After you have contemplated your day, ask God to help you grow closer to him.
- Last, ask God to guard you while you sleep, to keep your heart and mind fixed on him, and to help you wake up ready to serve throughout another day.