

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?

(Adapted from *Through All the Days of Life*, a collection of prayers compiled by Fr. Nick Schiro, S.J.)