

# DAILY REPLAY PRAYER

Based on Prayer of Examen by Saint Ignatius

Average Time: 15-20 minutes

Purpose: Done towards end of the day to process and see God throughout it

## Supplies

- Get a journal/something to write in
  - Get something to write with
- Find a quiet place away from distractions
- Write down answers as they come to mind in steps 2-5

### 1. Become aware of God's presence • Psalm 139:7-8

- Breathe (3 sec. in through nose, 3 sec. out through mouth) and relax
- Invite God to be present and think of Him there with each breath
- Repeat breathing and focusing a few times or until calm

### 2. Review the day with gratitude • Psalm 9:1-2

- Look back through your day like scenes in a movie
  - What happened?
  - What were you honestly like?
  - What were others doing around you?
- What are good things that happened today?
  - What can you give God thanks for?
  - Pause for a few moments

### 3. Pay attention to your emotions • Psalm 139:1-3

- How did you feel at different points today?
- What moments today were difficult or tense?
- When did you feel happy, excited, or at peace?
  - Pause for a few moments

### 4. Forgive and ask for forgiveness • Psalm 51:10-12

- Who are you angry or frustrated at?
- Are there things you can forgive and let go of to have peace?
  - What would you like to be forgiven for?
  - Pause for a few moments

### 5. Look toward tomorrow • Psalm 121:1-2,8

- What are you looking forward to tomorrow and what concerns you?
  - What would you like to ask God for help with?
- Ask for God to open your eyes, ears, and heart to see where He is working
- Remember God will be present tomorrow in all things great and small guiding you towards fullness in life



Prayer of Examen:  
Full Walkthrough



Replay Prayer:  
Quick Walkthrough