

Daily Examen – Feeling Pressed or Squeezed

“The unreflected life is no life at all.” (Adapted from Socrates)

“We cannot afford to forget any experience, not even the most painful.” (Dag Hammarskjöld)

Taking time to notice, remember and reflect is key to allowing all of life be the materials God uses to shape us. The Daily Examen is a spiritual practice developed by Ignatius of Loyola from the 16thC. It’s a prayer process that helps us notice more of God’s fingerprints in our daily life, and also a practice that grows our awareness of the times when we move away from God’s presence and purpose. In bringing our everyday life to Jesus, we also give God the opportunity to transform our understanding of the meaning and significance of our experiences.

This Daily Examen will specifically focus on noticing moments when you feel pressed or squeezed. If you would like to do a general Daily Examen, [find it here](#).

Daily Examen Steps:

1. Quiet down and become aware of God’s presence.
2. Ask for the gift of light and understanding as you review your day.
3. Review your day and ask God to show you moments when you could have felt pressed or squeezed but didn’t. Give thanks for those moments and the grace/help He gave you.
4. Review your day and ask God to show you moments when you have felt pressed or squeezed. Pause at each moment He shows you and wait for any understanding He may want to give you about your heart or the circumstance. Ask for forgiveness or healing. Only look at the moment(s) God brings up. Don’t try to search for all the possible moments you have felt pressed or squeezed. Let the Spirit show you the moment(s) He wants to speak to you about.
5. Think ahead to tomorrow and identify situations or interactions you will have that may make you feel pressed or squeezed. Ask for the specific help you need based on the understanding God has given you in the last step. This help you request will become the focus of your next day’s Examen.

The Daily Examen is meant to be a short 10-15 minutes prayer exercise and something you can do before you retire for the night. The consistent reflection of your daily life overtime will birth a deeper sense of peace inside you and also nurture a more discerning heart for God’s presence in your life.