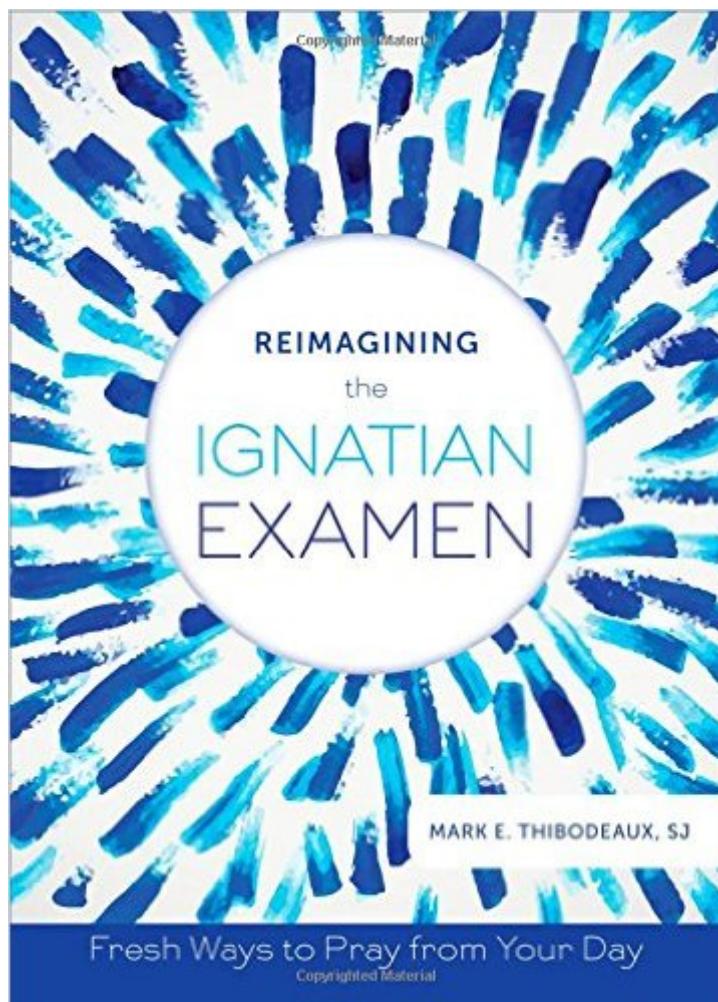


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# Reimagining The Ignatian Examen: Fresh Ways To Pray From Your Day



## **Synopsis**

?Following the example of St. Ignatius, we believe that praying the Examen will lead to a better life. The 500-year-old daily practice of honest self-assessment and reflection is a founding principle of Ignatian spirituality. What we donâ™t know is if St. Ignatius ever felt like changing it up a bit. Jesuit speaker and author Mark Thibodeaux, SJ, is confident that St. Ignatius wouldnâ™t mind a little flexibility in his prayer.Â Join Thibodeaux as he guides you through new and unique versions of the Examen, totally flexible and adaptable to your life. In ten minutes, you can tailor your daily prayer practice to fit your personal and situational needs, further enhancing and deepening your meditation. Reimagining the Ignatian Examenâ "the only book of its kindâ "will lead you through a fresh and stimulating reflection on your past day, your present state of being, and your spiritual desires and needs for tomorrow.

## **Book Information**

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## **Customer Reviews**

I just loved this book. The Examen is a way of looking back over your day in order to see where God was during your day. I have read a number of books on this topic and I think this is by far the best I have read. With so many different ways to approach the prayer, it is possible to tailor it very specifically to how you are feeling or what happened to you during the day and making the prayer so much more meaningful and insightful. I highly recommend it if you are looking for a fresh way to encounter this ancient practice.

The book contains 34 different variations on the Examen and serves as a successor & companion of sorts to this author's very fine "God, I have Issues". The actual variations are keyed to moods, situations, and life in general ("Gratitude"; "Habits"; "Thank you For"). And no - you certainly don't need to be Catholic or Ignatian to benefit. If you are looking to add some variation to your prayer life get this very fine - and very imaginative - little book!

I absolutely cannot say enough good things about this book! I've been using an Examen method of praying for a couple of years now and this book helps change things up with all of the different selections. I was looking for something to "kick up" my spiritual life and provide a means to help me refresh it and this book really adds to that for me. Praying the Examen is one of the best ways to get to making positive changes in your life and this book will really help you get there with the guidance provided. You do not need to be Catholic at all, this prayer/devotional format is so helpful for spiritual growth!

If you have read any of Fr. Thibedeaux's books, you know that he connects with readers easily. If you aren't familiar with his books, you are in for a treat! This book is a wonderful addition to anyone's spiritual library. It provides new and thoughtful ways to approach the Examen. Regardless of your religious beliefs, the Examen is helpful to analyze your day and reflect upon your behaviors and thoughts. The book is organized in a very easy format in which you can select the issue you are dealing with and pray the Examen for your particular struggle for that day. It's a can't miss!

What a wonderful guide to daily prayer and meditation. Well written in an easy, understandable way. This is laid out in a format that allows for guidance of each day's meditation on a different topic. I come back to the daily meditations again and again, and some days I go directly to a particular meditation subject, based on what has occurred in my life that day. I expect that this wonderful little book will become my prayer companion for many years to come.

Another great book by Mark Thibodeaux, SJ. Mark has a gift for leading one on a existential and personal prayer journey to make contact with the ineffable. This book is filled with insightful nuances of the Ignatian Examine providing bed rock keys for unlocking the door to God! Mark is like an explorer of the interior world like no other: a guide worth his salt. He takes his disciples into unexplored realms of spirit while covering all the pit falls, and gently pushing us further in mystery. He explains this path from his own experience and his own prayer. The avenues he reveals are

powerful and extremely helpful to the crusted spiritual master, or the novice alike. Both can benefit from these useful suggestions to deepen one's prayer life. I've read two previous books by Mark and it helped my prayer life, expanded my consciousness, and taught me to transform my understanding of God. It allowed me to let-go of outdated memes, and unhealed ways of looking at God and my relationship to the ineffable. This book can help anyone serious about prayer and change regardless of what church you attend. Or even if you don't attend a church and are a spiritual seeker desiring a relationship with God.

I am a relative newcomer to Ignatian spirituality, having experienced my first eight day retreat a year ago, and recently completed the Spiritual Exercises. It has been literally an answer to prayer, and I need to continue the daily practice. Examen has been a challenge for me, as I seek to pay real attention and to listen for God. This book been has been helpful for the three weeks I have used it, with its variety of daily emphasis within the examen framework. Buy it.

If you are into this type of prayer and enjoy introspective times, this is a good addition to your library. Simple but effective use of an age old and time tested method. Although I am not Catholic, the author does a great job of presenting the material in such a way that even a simple back woods Baptist like myself can grasp. it. Thanks.

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