



# Reimagining the Ignatian Examen: Fresh Ways to Pray from Your Day

*Mark E. Thibodeaux*

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**Reimagining the Ignatian Examen: Fresh Ways to Pray from Your Day** Mark E. Thibodeaux  
Jesuit speaker and author Mark Thibodeaux, SJ, guides you through new and unique versions of the Examen, totally flexible and adaptable to your personal daily life. *Reimagining the Ignatian Examen*—the only book of its kind—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.

## Reimagining the Ignatian Examen: Fresh Ways to Pray from Your Day Details

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## **From Reader Review Reimagining the Ignatian Examen: Fresh Ways to Pray from Your Day for online ebook**

### **Robin Koshy says**

helpful book adapted from St. Ignatius' method of praying, to help one self-assess the heart, motives, attitudes, words and actions, as well as to focus on God's grace that was evident in the day. The Gospel is absent in any form, which makes this look no different reading from any other worldview. So if you add the Gospel into each "examen" for the day, it is a fresh way to pray and spice up your prayer life.

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### **John says**

I have struggle with the Examen since I first learned about it. This book offers 34 alternatives on how to use this prayer in your life. Brings new life to a solid prayer method.

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### **Jeff says**

This brief book (128 pg.) is a wonderful way into the Ignition examen. The author presents the basics of the Examen as developed by Ignatius and then gives 34 suggested Examens to be used on a daily or twice daily basis. These are really good and serve, in some measure, filling the role of a spiritual director with many on point questions for reflection. The Examen as presented here is a significant discipline and aid toward spiritual formation. Essential. I'll be making use of this book for some time.

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### **Hannah Lynch says**

#### **Varied prompt for examen**

Loved the variety of forms for the daily spiritual practice of examen. Referred to it every night for my review of the day. Very thought provoking!

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### **Ann Rempel says**

I enjoyed reading the book and will continue to use various parts of it to enhance daily prayer. It is a book filled with information for praying the examen.

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### **Tim Muldoon says**

Mark does a terrific job adapting a traditional prayer in creative, thoughtful ways that speak to the modern reader. This is a great resource for prayer--I've used it in class as well.

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## **Cathy Crouch says**

Wonderful guides to different ways to approach and practice the Examen

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## **Ann says**

You don't "finish" this book. As soon as you finish, you start over. Fresh and new every day, because it's tailored to your circumstances, not an author's.

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