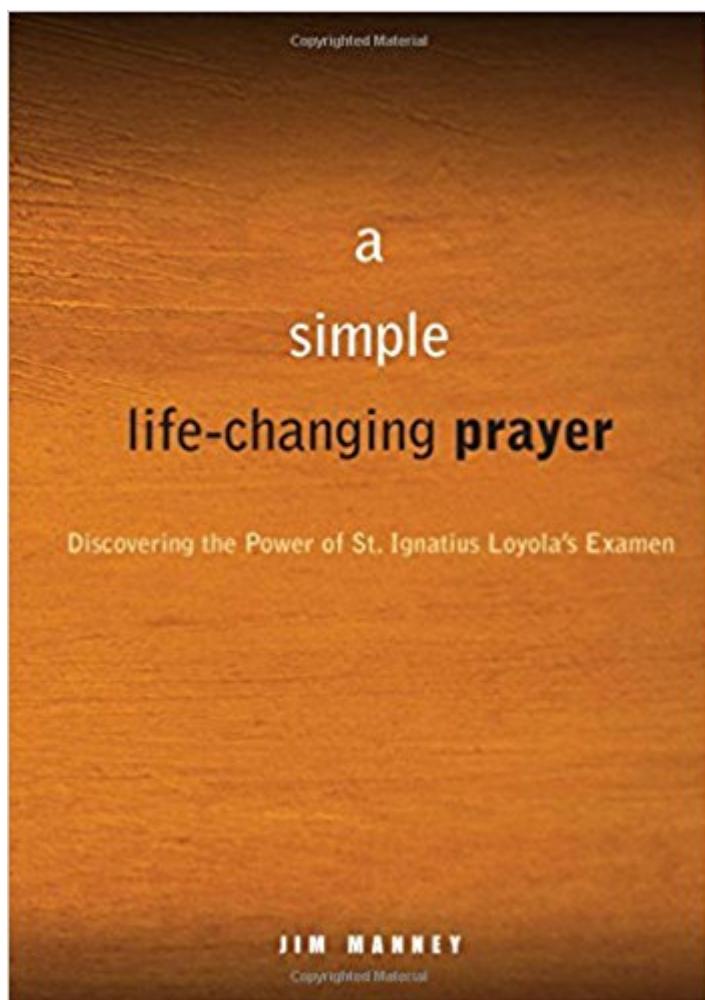


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# A Simple, Life-Changing Prayer: Discovering The Power Of St. Ignatius Loyola's Examen



## Synopsis

For most people most of the time, prayer is hard. It is especially difficult—â•not to mention unsatisfying—â•when people experience it as formal, dry, and repetitious. But what might happen if you discovered a simple prayer that changed all that? What if you discovered a prayer that changed you? In *A Simple, Life-Changing Prayer*, Jim Manney introduces Christians to a 500-year-old form of prayer that dramatically altered his perception of prayer and the way he prayed. The prayer is the *examen*, which St. Ignatius Loyola developed for the purpose of nurturing a reflective habit of mind that is constantly attuned to God—â„cs presence. What makes the prayer so powerful is its capacity to dispel any notion that God is somewhere—â“up there,â—â•detached from our day-to-day tasks and concerns. Instead, the *examen* leads us into a relationship with a God who desires to be personally caught up in the lives of those whom he created. By following five simple yet powerful steps for praying the *examen*, we can encounter the God who, as Scripture tells us, —â“is not far from each one of us—â•the God whose presence in our lives can make all the difference in the world. — Also available in Spanish! Una oraciÃƒÂ n sencilla que cambia la vida

## Book Information

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## Customer Reviews

"*A Simple, Life-Changing Prayer* is a valuable and thoughtful book, and a very practical one, which can be put with confidence into the hands of anyone who wishes to learn to pray the *Examen* and to find the presence and action of God in their lives."-- Andrea Kelly, Thinking Faith

Break through the prayer barrier. For most people most of the time, prayer is hard. It is especially difficult —not to mention unsatisfying—when people experience it as formal, dry, and repetitious. But what might happen if you discovered a simple prayer that changed all that? What if you discovered a prayer that changed you? In *A Simple, Life-Changing Prayer*, Jim Manney introduces Christians to a 500-year-old form of prayer that dramatically altered his perception of prayer and the way he prayed. The prayer is the *examen*, which St. Ignatius Loyola developed for the purpose of nurturing a reflective habit of mind that is constantly attuned to God’s presence. What makes the prayer so powerful is its capacity to dispel any notion that God is somewhere “up there,” detached from our day-to-day tasks and concerns. Instead, the *examen* leads us into a relationship with a God who desires to be personally caught up in the lives of those whom he created. By following five simple steps for praying the *examen*, we can encounter the God who, as Scripture tells us, “is not far from each one of us.” The God whose presence in our lives can make all the difference in the world.

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I think this is one of the best books on prayer that I have ever read. Unlike many, which seem to focus on getting more stuff from God, this one focuses on using a very simple process to develop rhythms of conversation with God designed to deepen your relationship. I also like it because it is short, less than 100 pages. The author doesn’t drone on or burden you with a myriad of techniques. I may start handing this one out to everyone who wants to become part of our prayer team.

Jim Manney presents an easily understandable presentation to an often considered deep and hard to grasp prayer life. Manney gives the reader antedotal stories to help the reader better see how the examen functions in everyday life. With the mystery removed, the reader is given the freedom to experience the presence of God in daily life. Manney warns us that the examen is not without some difficulty, nor neither is our life. In the end, if we better love and serve God, then Manney's book has been successful. For me, it has been successful!

I've long wanted a book that will help me through the Ignatian examen. My previous attempts yielded barren results, and I've all but given up. Perhaps this is because I tried to do it all on my own. this well-written book provided a more detailed, down-to-earth guide which told me how important it is to ask for His help and allow myself to be led by Him through the examen. thanks a lot, Jim.

St. Ignatius' "Examen," is little more than a variation of the Examination of Conscience at its core, if you stop and think about it, but it is also so much more, since it encourages a person to review the day as a whole, not simply to discover our faults, but more importantly the see the ways God has worked in our lives and ways we are open to God's will. Jim Manney, a onetime editor for Loyola Press, wrote this reflection of how the Examen can be prayed and the effect it can have on the life of someone who uses this prayer on a regular basis. The book begins with a discussion of the background of the prayer and how it fits into Ignatian spirituality. He then devotes a chapter on the five parts of the prayer: praying for light (God's guidance), giving thanks to God, reviewing the day, looking at ways that things have gone wrong, and resolving to do something. Manney shows throughout the book ways that the prayer can work in our lives to discover God's will but also to lets us see ways we may not be the person we ought to be. At times he even shares his own experiences of simple ways we may need to change in ways we often don't realize. This book is a quick and easy read with plenty of examples and thought provoking aspects. It also has an easy "how to" guide for people praying the Examen for the first time but can be helpful for those who have been praying the Examen for many years who either need a refresher or would like new ways of looking at this wonderful method of praying.

As someone who also came across this practice later in my spiritual life, this book did a great job of redeeming the true intention of the practice. The author created parallels between the Ignatian

historical origin details and the everyday spiritual journey. The outline of the book followed the simple structure of the prayer and was easy to follow. I have always questioned my own ability to even know how or what to pray for. This practice embraces that unknown and moves towards recognizing an extraordinary God at work in every facet of our lives. This book is a great reminder of God's presence in **EVERYTHING**.

Jim Manney presents the Ignatian Examen with clarity and insight. He approaches the prayer with sensitivity, honesty, and stories that are easy for people to connect with and understand. For anyone interested in deepening their relationship with God through prayer, the ideas and approach offered are very helpful and hopeful.

I would recommend this book to anyone looking to see their life as god sees us. I tried meditation for years and never got the results that we're said to happen. Deeper sense of calm, more choices in the moment. But by looking back at the day using the ex amen. I found the results pro ices in Buddhist like meditation happening for me! I was amazed. After a month, I had a full conversion as a servant of Christ. I continue to use the examan to hold my life up to the light of Christ so I know what I need to change in order to be fit for the kingdom.

Perfect little book that reinforces common sense ideas. Great practice for every person.

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