



# **The Evening Examen Prayer: A Spiritual Journal Inspired by St. Ignatius of Loyola's Examen**

*Colleen Marie Lasky*

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The Evening Examen Prayer journal was developed for anyone who desires to experience the spiritual benefits of the "General Examen" that was developed by Ignatius of Loyola nearly 500 years ago. The daily examen focuses on strengthening one's relationship with God through gratitude, the discernment of spirits, forgiveness and renewal.

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