

# St. Ignatius of Loyola, Prayers of

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## **Prayer for Generosity**

### **St. Ignatius of Loyola**

Eternal Word, only begotten Son of God,  
Teach me true generosity.  
Teach me to serve you as you deserve.  
To give without counting the cost,  
To fight heedless of wounds,  
To labor without seeking rest,  
To sacrifice myself without thought of any reward  
Save the knowledge that I have done your will.  
Amen.

## **Suscipe**

### **St. Ignatius of Loyola**

Take, Lord, and receive all my liberty,  
my memory, my understanding,  
and my entire will,  
All I have and call my own.

You have given all to me.  
To you, Lord, I return it.

Everything is yours; do with it what you will.  
Give me only your love and your grace,  
that is enough for me.

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# The Daily Examen

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The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. The Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience.

The method presented here is adapted from a technique described by Ignatius Loyola in his [\*Spiritual Exercises\*](#). St. Ignatius thought that the Examen was a gift that came directly from God, and that God wanted it to be shared as widely as possible. One of the few rules of prayer that Ignatius made for the Jesuit order was the requirement that Jesuits practice the Examen twice daily—at noon and at the end of the day. It's a habit that Jesuits, and many other Christians, practice to this day.

This is a version of the five-step Daily Examen that St. Ignatius practiced.

- 1. Become aware of God's presence.**
- 2. Review the day with gratitude.**
- 3. Pay attention to your emotions.**
- 4. Choose one feature of the day and pray from it.**
- 5. Look toward tomorrow.**