

■ Parish Prayer Evening Outline ■

Theme: The Prayer of the Examen

This simple outline is designed for a 60–90 minute parish or community prayer evening. It can be adapted for small groups, schools, or families.

■ Structure of the Evening

- **Welcome & Gathering** — Opening hymn or music.
- **Introduction** — Short input (5 minutes): What is the Examen?
- **Guided Examen Prayer** (20 minutes) — with pauses for reflection:
 1. Gratitude — Thank God for today.
 2. Light — Ask the Spirit for clarity.
 3. Review — Walk through the day's moments.
 4. Contrition — Ask forgiveness where needed.
 5. Hope — Look forward with trust.
- **Silent Reflection** (10 minutes) — journaling or quiet prayer.
- **Faith-Sharing** (optional, 15 minutes) — in small groups.
- **Closing Prayer** — Suscipe or Anima Christi.

■ Practical Notes

- Arrange seating to foster silence and prayerful atmosphere.
- Use gentle music to frame silence if helpful.
- Provide handouts (Examen steps or Suscipe prayer) for participants.
- Keep introductions brief; the focus is on prayer itself.