



# T.R.A.P.

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## THANK:

Thank God for the good things from the day or week, being specific.

## REVIEW:

Reflect on your attitude and actions during the day. Be honest and remember both the good and bad things you did, said, or thought.

## ASK:

Ask God to forgive you and help you make amends. Or ask God to help you face difficult problems or challenges.

## PROMISE:

Make a commitment, with the grace of God, to take action based on your prayer and strive to be the person God made you to be.

## IGNATIAN EXAMINATION OF CONSCIENCE

1. Quiet yourself and imagine God's love for you.
2. Together with God, look over your last day, weekend, or week (hour by hour or day by day) and answer these questions in your journal:
  - What are you most thankful for? Why?
  - What are you most sorry for? Why?
3. Please answer at least 2 of the following 5 sets of questions in your journal:
  - When did I give and receive the most love? When did I give and receive the least love? Why/How?
  - When did I feel the most alive? When did I feel the most drained of life? Why/How?
  - When did I have the greatest sense of belonging to myself, others, or God? When did I have the least sense of belonging? Why/How?
  - When was I happiest? When was I saddest? Why/How?
  - What was the high point? What was the low point? Why/How?
4. Thank God for the whole day, weekend, or week- especially the parts that made you feel grateful. Ask God for his help in dealing with difficult experiences.

St. Ignatius wanted to be fully present to God throughout his day. To prepare for his next day, he reviewed the day he had just lived. This review, or examination, brought to mind ways God was present in his life and ways he needed to be more open to the presence of God in his life.

