

Conclusion

Take a moment to enjoy this time with God, and now begin to look forward with hopeful and joyful anticipation to the rest of your day, knowing that He is with you in all that you do and you can truly find God in all things.

As you come to the end of the Examen prayer, allow for a time of transition, just as you did in the beginning.

It was said by the great Socrates that the unexamined life is not worth living. When we pray the Examen prayer faithfully, we will find that life is worth living and the examined life is greatly worth living.

St. Ignatius' Examen prayer and the rules for discernment will help us to lead a life in the presence of God.

You have just spent some quality, wonderful time with God. So, take a moment just to be grateful for this loving attention from God and begin to look now to the rest of your day with great hope and trust that the resolution that you made with God will not only impact your day, but help you be aware of the Father's loving presence with you always.

Remember to pray this prayer every day so that the Father can remain in you and you can remain in him. And that the love and the grace and all the blessings of this prayer will begin to help you to live a life in constant awareness of love and forever dwelling in the Father.

And may the Almighty God bless you and keep you in the name of the Father and of the Son and of the Holy Spirit.

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The Prodigal Father

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