

Ignatian Examen (Five Points) — “Where I Failed” (Sin-Focused)

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A daily Ignatian-style self-examination in five points (thanksgiving, petition, review, contrition, resolution). Each item is written in the first person and uses the required confession response format when you answer affirmatively (“I failed to ...”).

Thanksgiving (I failed to respond with gratitude)

I review the day and consider God’s gifts, then honestly ask where I failed to respond with gratitude.

1. - Have I failed to recognize God’s presence and benefits in the day?
2. - Have I failed to give thanks even for moments that should have turned my heart toward God?
3. - Have I failed to acknowledge grace that restrained me from worse sin or gave me an opportunity to choose the good?

Petition (I failed to ask for light)

I ask God for interior clarity—so I may see my faults truly and not excuse myself.

1. - Have I failed to ask for the grace to know my real faults clearly?
2. - Have I failed to reject self-justifications and instead sought God’s truth about what I actually consented to?
3. - Have I failed to ask for the help to notice what I missed (the “why” behind my failures, not only the outward result)?

Review (I failed to examine my thoughts, words, deeds, and omissions)

I review the day hour by hour, examining my interior movements and my conduct—thoughts, words, deeds/acts, and what I omitted.

1. - Have I failed to pause and review my day seriously in God’s presence?
2. - Have I failed to examine my thoughts—especially where I entertained, encouraged, or consented to what was not good?
3. - Have I failed to examine my words—where I spoke with fault (e.g., without truth, reverence, charity, or self-control)?
4. - Have I failed to examine my acts/deeds—where I did what I knew opposed God’s will?
5. - Have I failed to examine my omissions—the good I should have done but neglected?
6. - Have I failed to identify the concrete sin or defect that returned (what needs amendment, not just vague regret)?

Contrition (I failed to be truly sorry and to desire change)

I ask for true sorrow for sin and for the grace to be willing to turn away.

1. - Have I failed to feel sorrow for my failures because they offend God (not only because they inconvenienced me or had consequences)?
2. - Have I failed to ask forgiveness honestly, without minimizing, excusing, or blaming others?
3. - Have I failed to desire change—so that I wanted to stop repeating the same sin or defect?

Resolution (I failed to purpose amendment)

I close by making a concrete resolution—what I will do differently—so amendment follows the examen.

1. - Have I failed to propose a specific plan to improve tomorrow (not just “try harder”)?

2. - Have I failed to decide how I will avoid the usual occasions that lead me into the same failures?
3. - Have I failed to commit myself to begin again quickly if I fall (rather than giving up)?
4. - Have I failed to ask God for the grace to carry out my resolution?