



The Evening Examen Prayer: A Spiritual Journal Inspired by St. Ignatius of Loyola's Examen

Colleen Marie Lasky

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The Evening Examen Prayer journal was developed for anyone who desires to experience the spiritual benefits of the "General Examen" that was developed by Ignatius of Loyola nearly 500 years ago. The daily examen focuses on strengthening one's relationship with God through gratitude, the discernment of spirits, forgiveness and renewal.

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From reader reviews:

Rosemarie Sanders:

Spent a free time to be fun activity to do! A lot of people spent their spare time with their family, or their very own friends. Usually they carrying out activity like watching television, about to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? May be reading a book could be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the guide untitled The Evening Examen Prayer: A Spiritual Journal Inspired by St. Ignatius of Loyola's Examen can be very good book to read. May be it can be best activity to you.

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