

# Conversion of Ignatius



# God in the mud and muck





# Noticing the God moments



# Rummaging for God





**The Examen**

# 5 points of the Examen

1. Give thanks
2. Pray for light
3. Review our experience
4. Respond to our experience
5. Look to tomorrow



# Fruits of the Examen

*He leads me beside quiet Waters,  
He refreshes my Soul.*

PSALM 23:2-3

