

# Eight Points\* of the General Examen

**First Point:** Give thanks to God for the benefits received this day.

**Second Point:** Ask for the grace to know my sins and cast them out.

**Third Point:** Reflect on the state of my soul from the hour that I rose to the present Examen, hour by hour, or period by period.

**Fourth Point:** Ask pardon of God for my faults.

**Fifth Point:** Resolve to sin no more with the help of His grace.

**Sixth Point:** Visualize the Lord and/or my favorite saints exemplifying the virtues I wish to imitate – and to visualize myself imitating them.

**Seventh Point:** Recite affirmations about my ideals, models, and virtues, allowing them to affect me.

**Eighth Point:** Recite spontaneous prayers for the desire and grace to imitate the Lord, the Blessed Virgin Mary, and the saints.

Conclude with an Our Father.

\* Points 1-5 from St. Ignatius of Loyola and Points 6-8 from Fr. Robert Spitzer, S.J.