

# SAMPLE

Ignatian Solidarity Network (ISN) is a national social justice education and advocacy network inspired by the spirituality of St. Ignatius of Loyola. ISN was founded in 2004 and is a lay-led 501(c)(3) organization working in partnership with Jesuit universities, high schools, and parishes, along with many other Catholic institutions and social justice partners. Learn more at: [igsol.net](http://igsol.net)

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AN **IGNATIAN EXAMEN**  
FOR CIVIC LIFE



In daily prayer with the Ignatian Examen, God meets us where we are, inviting us to places we may not be willing—but need—to go. An Ignatian Examen for civic life calls us to be contemplatives in action. We are invited to talk with God in specific ways about the interrelationship between Gospel values and political engagement.

This Examen can easily be adapted to state and local elections by replacing “our country” with “our state” or “my local community.”

## BEGIN WITH A PRAYER OF GRATITUDE

Consider current realities of our country—for what and for whom are you most grateful?

## ASK FOR GOD’S GUIDANCE

Invite the Spirit of God to illumine your reflections.

ENLIGHTENED BY THE SPIRIT, PRAYERFULLY

## REVIEW OUR NATION AT THIS POINT IN HISTORY;

PAY ATTENTION TO YOUR EMOTIONS AND REACTIONS.

- What energizes you or brings you closer to God as you reflect on our country?
- What distracts you or makes you feel farther from God as you reflect on our country?
- What is the current situation of your brothers and sisters, particularly those who are most vulnerable and often marginalized by poverty and injustice?
- What are the ways that your identity and privileges shape your perspective and vision for our country?
- Allow your honest reactions, emotions, and desires to surface.

## CONVERSATION WITH GOD

- Consider perhaps one or two of the strongest desires or feelings evoked by your prayer about our country and bring this to God.
- Engage God in conversation over these desires or feelings, speaking simply, clearly, directly, and honestly—as if from spouse to another.
- What area of your life as a faithful citizen do you lament?
- What communities, groups, or aspects of creation in our nation need healing and reconciliation?
- What is God’s desire for people who are marginalized by poverty and injustice?
- What areas of your life/our nation’s life do you rejoice in and celebrate fidelity to Gospel values?
- Listen with your heart—how is God present to you through your reactions and desires?

## PRAYER OF RENEWAL AND RESOLUTION

As we prepare to elect new leaders, how will you promote the common good? Ask God for the assistance you need to enact the greater, more lasting good for all God’s people. Is there a specific attitude you want to cultivate or an action you want to take? Entrust your desires and intentions to God’s grace.