**Daily Ignatian Examen for Xavier Students in Crisis (abbreviated)**

At Xavier University, we are called to “educate each student intellectually, morally, and spiritually” in the Jesuit tradition. In moments of crisis, prayerful reflection can help us find clarity, strength, and hope. The Ignatian Examen is a daily practice that invites us to see God’s presence in our lives, even in difficult times. Whether struggling with spiritual, mental, academic, or personal challenges, this Examen offers a moment to pause, reflect, and find hope.

**1. Recognize God’s Presence**

You are not alone. In your struggle, God is with you, offering love and peace. Take a deep breath and rest in this awareness.

**2. Find Gratitude**

Even in difficulty, small moments of grace exist – a kind word, a deep breath, a step forward. Let gratitude ground you.

**3. Honor Your Feelings**

Acknowledge what you’re experiencing – stress, anxiety, loneliness, or hope. No judgment. You are not broken; you are human.

**4. Discern Your Path**

What is pulling you down? What is leading you toward healing? Ask God for clarity and courage to take one step toward well-being.

**5. Move Forward with Hope**

Tomorrow offers new possibilities. If hope feels distant, reach out – friends, mentors, faculty, and Xavier’s support services are here for you.

**Closing Prayer:**

God of compassion, walk with me in this struggle. Give me courage to seek support and the sensitivity to feel Your presence. Amen.

**…**

Need help? Reach out to Xavier’s Care & Support Services, Counseling Services, or a trusted staff member or professor. You are not alone.

* Muskie Mental Health Line – 513-745-1001
* Counseling Services – 513-745-3022, option 2
* Care & Support Services – [careandsupport@xavier.edu](mailto:careandsupport@xavier.edu)

*“Be strong and take heart, all you who hope in the Lord.” (Psalm 31:24)*