



Helping children turn to God in prayer using St. Ignatus' daily Examen

2022-07-05

FOR IMMEDIATE RELEASE

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CHICAGO, July 6, 2022—*The Examen Book: Exploring Every Day with God*, written by Paul Mitchell and illustrated by his sister Katie Broussard, is not a typical story book. Instead, the book is an imaginative walk through the steps of the daily Examen, a prayer practice developed by Saint Ignatius Loyola in 1522.

The Examen is a devotion practiced by millions worldwide, and is intended to help the faithful develop the discipline to seek God daily, and to see how God is at work in their lives by recalling events of the day and noticing God's presence.

Mitchell adapted the steps of the Examen by seeing it through the eyes of a child. Using rhyme, *The Examen Book* shows children how to 1.) prepare for the prayer, 2.) to offer thanksgiving to God, 3.) to review their day, both the positive and the difficult, 4.) to respond to God's prompting, noticing anything that stands out and talk to God about it, and 5.) to look to the next day and ask for God's help.

The book guides adults through the Examen as they read it with a child, opening conversations about faith, prayer, and finding God at work in everyday life.

"We believe that all people and especially children, have an inborn capacity for the divine," stated Mitchell. "So in words and art we are inviting children to enter into their own story and find God in their everyday activities."

"I used a fun combination of illustrations," stated Broussard. "Some pages are action-packed for kids and parents to generate ideas, while others are more minimal and open-ended, so they can reflect and pray on their own."

Mitchell and Broussard are both former Jesuit school teachers.

About the Author and Illustrator

Paul Mitchell (author) and Katie Mitchell Broussard (illustrator) are both stay-at-home parents and former Jesuit educators who deeply value teaching children about Ignatian spirituality. Paul and Katie are the creators of the picture book *Audacious Ignatius*, a lighthearted yet theologically rich introduction to the life of St. Ignatius.

About Loyola Press

An apostolate of the USA Midwest Province of the Society of Jesus, Loyola Press embraces the Jesuit passion for helping people find God in all things. We continue the Jesuit tradition of excellence and service by providing inspiring content for children and adults and by being people for others.

To request a review copy, contact Polly King, Loyola Press Publicist: publicist@loyolapress.com.

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The Examen Book

Paul Mitchell

Illustrated by Katie Broussard

July 11, 2022

Loyola Press | \$14.99 | Paperback | ISBN-13: 978-0-8294-5127-6

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