



Una oración sencilla que cambia la vida / A Simple, Life-Changing Prayer: Descubriendo el poder del Examen Diario de san Ignacio de Loyola / ... Ignatius Loyola's Examen (Spanish Edition)

By Jim Manney

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Para la mayoría de las personas, casi siempre, rezar es difícil. Resulta especialmente difícil —sin mencionar insatisfactorio— cuando las personas lo experimentan como algo formal, árido y repetitivo. Pero, ¿qué sucedería si descubrieras un modo sencillo de rezar que cambiara todo eso? ¿Qué si encontraras una oración que te cambiara a ti?

En *Una oración sencilla que cambia la vida*, Jim Manney presenta a los cristianos una forma de oración que existe desde hace 500 años y que cambió drásticamente la forma en que él reza y la manera en que “ve” la vida. La oración es el Examen Diario, que san Ignacio de Loyola desarrolló como un hábito de reflexión que nos mantiene en armonía constante con la presencia de Dios.

Lo que hace que la oración sea tan poderosa es su capacidad de disipar cualquier noción de que Dios está en algún lugar “allá arriba”, desconectado de nuestras tareas y preocupaciones cotidianas. El examen nos lleva a establecer una relación con un Dios que desea estar involucrado personalmente en la vida de aquellos a quienes ha creado.

Tan solo con seguir los cinco sencillos pasos del examen podemos encontrar al Dios que, como nos dicen las Sagradas Escrituras, “no está lejos de ninguno de nosotros”, el Dios cuya presencia en nuestra vida puede cambiarlo todo.

For most people most of the time, prayer is hard. It is especially difficult —not to mention unsatisfying—when people experience it as formal, dry, and repetitious.

But what might happen if you discovered a simple prayer that changed all that?
What if you discovered a prayer that changed *you*?

In *A Simple, Life-Changing Prayer*, Jim Manney introduces Christians to a 500-year-old form of prayer that dramatically altered his perception of prayer and the way he prayed. The prayer is the *examen*, which St. Ignatius Loyola developed for the purpose of nurturing a reflective habit of mind that is constantly attuned to God's presence.

What makes the prayer so powerful is its capacity to dispel any notion that God is somewhere "up there," detached from our day-to-day tasks and concerns. Instead, the *examen* leads us into a relationship with a God who desires to be personally caught up in the lives of those whom he created.

By following five simple steps for praying the *examen*, we can encounter the God who, as Scripture tells us, "is not far from each one of us"—the God whose presence in our lives can make all the difference in the world.

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Editorial Review

About the Author

JIM MANNEY es un popular escritor sobre temas ignacianos (*What's Your Decision?* [¿Cuál es tu decisión?], *An Ignatian Book of Days* [Libro ignaciano de los días], *God Finds Us* [Dios nos encuentra]), así como también editor de muchos libros sobre la espiritualidad ignaciana, incluido *¿Qué es la espiritualidad ignaciana?* Manney vive en Míchigan con su esposa y escribe blogs en <http://www.ignatianspirituality.com/dotmagis>.

JIM MANNEY is coauthor of the book *What's Your Decision?* as well as the editor of many books on Ignatian spirituality, including *What Is Ignatian Spirituality?* He is a senior editor for Loyola Press. Jim and his wife live in Michigan.

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