

Prayer of Examen

The Prayer of Examen is a daily spiritual exercise to help in developing a deeper level of spiritual awareness in recognizing God's presence and His movements in our lives.

Recognize the presence of God

Create space to become aware of God's presence and His love for you. "Be still and know that I am God" Psalm 46:10. Ask the Holy Spirit to help you become more aware of His presence. Consider spending as much time as you need to rest in His presence, do not feel that you need to rush through this time.

Look at your day with gratitude

Acknowledge God in the big and small things of life, express thankfulness and take time to identify moments in your day where you recognized God's goodness and generosity.

Review your day

Pause to learn more about yourself and God's activity in your day. Look back at your experiences throughout the day and intentionally review your actions, thought patterns, reactions, emotions, motives, and interactions.

When or where in the past 24 hours did you feel you were cooperating most fully with God's action in your life? When were you resisting?

Ask yourself:

What habits and life patterns do I notice?
When did I feel most alive? Most drained of life?
When did I have the greatest sense of belonging? When did I feel most alone?
When did I give love? Where did I receive love?
When did I feel most fully myself? Least myself?
When did I feel most whole? Most fragmented?

Reconcile and Resolve

Personal response: seek forgiveness, ask for direction, share a concern, express gratitude, resolve to move forward.

Beginning today, how do you want to live your life differently?
What patterns do you want to keep living tomorrow?