

Week 28

Prayer of Examen

“The lamp of the Lord searches the spirit of a man; it searches out his inmost being.” – Prov 20:27

The prayer of examen is an ancient way of praying that asks God to guide you in the process of examining your life, your day, your thoughts, and your heart. This is not intended to be a one time prayer, it is intended as a daily discipline. Generally it is performed at the end of the day. You may find it useful to go through the steps using a journal. Below are some general steps you can follow:

- 1. Recall that you are in the presence of God.** No matter where you are, hilltop or valley, country or city, in a crowd or alone. Quiet yourself and become aware of God’s presence with you and within you. You may become aware that God is visible to you in creation, in your thoughts or in the people around you. Be still and aware.
- 2. Spend a moment to remember the gifts you received during the day.** Think about specific moments, small things that made you smile or brought you joy. They don’t need to be big things, they may be simple such as the smell of your morning coffee, the taste of something good that you ate, the laugh of a child, the fragrance of a flower, a kind word, a picture, a memory. It could be something you realized or something you learned. Give thanks for the gifts.
- 3. Ask God to allow His Holy Spirit to help you examen your actions, attitudes, and motives with honesty and patience.** "When the Spirit of truth comes he will guide you into all truth." (John 16:13) You are looking for truth about yourself so that you can grow. Ask that you will learn and grow as you reflect.
- 4. Now review your day.** This is the longest of the steps. Recall the events of your day; explore the context of your actions. Search for the internal movements of your heart and your interaction with what was before you. Ask what you were involved in and who you were with, and review your hopes and hesitations.
- 5. The final step is our heart-to-heart talk with Jesus.** Finally, look over all of your reflections from the day; the gifts, the events, the motives, the thoughts, etc. Share them in prayer with God. Share your thoughts on your actions, attitudes, feelings and interactions. This is a time to seek forgiveness, ask for direction, share a concern, express gratitude, etc.

This Week

- Choose a time each day to practice the prayer of examen. Keep a journal for each day. At the end of the week look back over your prayers and reflect on what God is doing in your life.

Week 28

Jul 11-17

Sun	<i>What specific action can you do this week related to your growth goals?</i>			11
Ezra / Nehemiah (2)				
Mon	1Sam 7,8	Matt 6	Psa 119:137-144	12
Tue	1Sam 9,10	Matt 7	Psa 119:145-152	13
Genevieve Farner, Tone Bufford				
Wed	1Sam 11,12	Matt 8	Psa 119:153-160	14
Thr	1Sam 13	Matt 9	Psa 119:161-168	15
Fri	1Sam 14	Matt 10	Psa 119:169-176	16
Sat				17