

WEEK 1 EXERCISE – PRAYER OF EXAMEN:

In the course of our daily life, we often live as functional atheists, reacting to circumstances, making decisions and processing emotions without reference to God. We certainly do not intend to do this, but often there is little in our days that reinforces an awareness of God’s presence and grace.

The Daily Examen was developed about 500 years ago by St. Ignatius of Loyola, and is a practice intended to help Christians become more self-aware and aware of the presence of Christ in their daily lives—even in the course of a hectic and demanding workday.

This is a daily, prayerful exercise in discernment that will make us more aware of where we are and are not living out of a Kingdom worldview, to notice the gaps and enable us to more deeply experience the gospel of Jesus, ultimately closing those gaps as we learn to live moment by moment in his presence.

DIRECTIONS:

At minimum, choose two days in the following workweek in which you’ll practice the Prayer of Examen. Begin by reading or meditating on scripture for a few moments.

**02
MIN**

OPENING PRAYER OF INVITATION

- Sit comfortably in stillness for these minutes.
- Be reminded that God is drawing you to Himself in a unique and intimate way.
- Invite the Holy Spirit to guide you through this prayer.
- Offer your mind, heart and will to the presence of God.

**03
MIN**

REVIEW THE DAY

- Write down a basic chronology of the day.
- Does any particular event, meeting, conversation or place stand out to you? In the rush of our days, it is easy to overlook so much. Think about the things you saw, felt and did. Remember that God is even in these details.

03
MIN

NOTICE YOUR EMOTIONS

- As you review some of the events that stand out, reflect on the feelings you experienced.
- What emotions did you experience? Happiness? Anger? Fear? Etc. Our emotions were created by God and often express what's inside our hearts. If we are not aware of what is at the root of our emotions, they can become (or remain) disconnected from our identity in Christ, and our idols can gain strength and power.

05
MIN

CHOOSE ONE FEATURE OF THE DAY AND EXAMINE IT

- As you examine the events and your emotions, ask the Holy Spirit to guide you to something that God wants you to pay more attention to. This can be something obvious or unexpected. It can be positive or negative.
- Pray for this particular thing. How does God want you to pray? What can you learn? How is he affirming you or leading you to change?
- Remember the gospel is at work. As you get to the bottom of your emotions, remember these things that the gospel makes true: *God is Great*, so we don't have to be in control. *God is Good*, so we don't have to be afraid of our circumstances. *God is Gracious*, so we don't have to prove ourselves. *God is Glorious*, so we don't have to look elsewhere.

02
MIN

CLOSING PRAYER: LOOKING TOWARDS TOMORROW

- Remember that God patiently leads us: today's mistakes can be fixed, and today's victories don't guarantee success tomorrow. How might you apply what you learned today into tomorrow?
- How can you celebrate God and the triumph of His grace?
- What action can you take tomorrow as an expression of trust and dependence on God?
- Ask that you would be more aware of God's guiding presence tomorrow.
