

Prayer of Examen (self-examination)

Instruction: this prayer practice looks back on the past day, seeking insight into how to move into the coming day more awake and aware of God's presence and wisdom.

Prayer of Examen

Gracious God, I enter into some self-examination in Your gracious presence, in the midst of Your forgiving love. I look back on the past day, and ask you these questions. I take time to listen to myself and to you . . .

What am I most/least grateful for during that time?

When did I feel a sense of love, peace, joy, life (gifts of the Spirit)?

When did I feel exhausted, numb, drained, dead, annoyed, angry, mean?

Why did I feel these things - - what in me causes them?

What specific events, thoughts, or experiences draw my attention?

What aspects of that time repel me?

What moments from that time speak to me of my deepest longing/desire?

What things feel out of place, uninteresting?

When did I notice You during this time? What felt like a time of Your absence?

God, as I see these times of presence or perceived absence, I ask You to help me know how to move forward more awake to You and the truth of who I am in You. I listen for ways You are speaking to me, calling me to live in the day (or moments) ahead (*Take some additional time to be in silence and listen for what God is speaking into your mind and spirit*). I thank You. Help me to keep listening, receiving, and sharing in Your Spirit. In Jesus' name. Amen.