

“Shaped by Gods’ Strength and Power”

Exercise: The Prayer of Examen

The Prayer of Examen is designed to help us enhance our awareness of what the Spirit has done in the recent past, which helps us see His work more clearly in the future. This prayer helps cultivate the Spirit’s strength and power in our lives.

~ When we do the Examen prayer, we reflect back on the last 24 hours ~

There are 3 parts to this Spiritual exercise: Gratitude, Awareness and Confession.

Gratitude

- Acknowledge and thank God for the ways in which you’ve seen Him at work today.
- Be specific.

Example: Losing my balance and falling in the dirt.. Could have been worse if I fell on brick or stone; God was at work.

Awareness

- How have I met God in other people?
- How has God met me?

Example: Out of town at a conference, disappointing day, friend shows up to listen and encourage. I met God through him/her.

Confession (repentance)

- Are there ways in which I’ve failed to walk with Jesus?
- Is there a vice I’ve chosen over Him?
- Acknowledge the things I’ve failed to do, or been unwilling to do.
- Can I ask forgiveness?

Example: Unreasonable anger at my 3-year old son for his age-appropriate behavior! I need to apologize to him, and then confess to God.

All these questions can be used for journaling or personal reflection. Take time to express your thoughts, feelings and concerns to God in prayer.

Feel free to use this exercise individually or to share your experience with your small group.