

Prayer of Examen

Shalom Prayer

RECALL THE FATHER'S LOVE

As you sit in silence, focus on Abba's deep and abiding love for you. We are always in the presence of God. Try to become aware of God's presence in an attentive way. Ask the Holy Spirit to help you recall your day with love and to let you look on all you see with His love for you.

- pause -

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

- pause -

REVIEW YOUR DAY (FOUR WAYS)

In a moment you will begin to retrace the steps of your day. Before you do, ask the Holy Spirit to guide and direct your mind. The Spirit will lead and guide you into the truth and mystery of your heart. Ask the Holy Spirit for the capacity to recall your day with clarity and an understanding of your limitations.

- pause -

ONE: What am I grateful for?

Remember the small pleasures of the last day; things like a good night's sleep, a good conversation, the smell of morning coffee, the laugh of a child. Notice the 1000 gifts from God you received today. As you remember these small gifts from God, take a moment to reflect on the gifts that you gave today, whether to God or to others. How did you bring your strengths, your sense of humor, your abilities, your encouragement, your patience to others today? When you have finished, pause briefly and thank God for these things.

- pause -

Now go back to the start of your day and allow it to play like a short movie in your mind. Pay attention to the details. What were your feelings? What motivated you to respond to certain situations in the way that you did? The purpose of this is to draw out the positive and the negative aspects of your day.

TWO: Where did I miss You?

As you are reviewing your day, ask the question, "Where did I fail today?" Was there a moment when you lived out of anger or bitterness? Were there things that you

avoided? Don't allow yourself to dwell on these things or seek to resolve them. Simply allow yourself to identify them, receive grace, and move on.

- pause -

THREE: Where did I join You?

Next, ask the question, "When did I love?" Was there a moment, or several moments, in which you made the choice to live out of love. Perhaps it was a kind act like holding the door or spending intentional time with your family. Remember the ways that you chose to love this day.

- pause -

FOUR: What are my habits?

Next, search for any patterns or habits during the course of the day. Do you make coffee at the same time? Do you chat for a few minutes with a certain neighbor or coworker? Are you always watching TV at a certain time or staying late at work? As you detect these patterns, what emotions do you sense coming to the surface for each habit? Do these habits help you face your day with love? Do they hinder you from facing your day with love?

- pause -

RECONCILE WITH JESUS

Finally, picture yourself seated next to Jesus, talking as you would with a friend. Maybe there was something in your day that you don't feel good about. Tell Jesus about this and express your disappointment and ask him to be with you when you face that moment again. Allow yourself to feel the sorrow in your heart as you share this, but also remember and give thanks for Christ's continual restoration of your heart. Remember all of the good moments of your day and thank Jesus for His presence with you in those moments. Ask the Lord to help you be more aware and awake tomorrow. Ask the Lord to help you to listen and be present to what He is doing where you live, work, study, or play.

- pause -

END WITH THE LORD'S PRAYER

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. For yours is the kingdom, and the power, and the glory forever, Amen.