

PRAYER



In a culture characterized by packed schedules and exhaustion, it is important for Christ-followers to learn to decelerate and refocus on God. The Examen is a spiritual practice developed by Ignatius of Loyola designed to help you do just that. While every moment is an opportunity to worship God, original practitioners of the Examen would use it as a guide for prayer and reflection every evening. Now it is your turn to slow down and reflect. Each evening, find a quiet spot and use these four prompts to guide you into a deeper relationship with your Creator.

THE EXAMEN

1 PAUSE

**BE STILL AND KNOW THAT I AM GOD.
PSALM 46:10**

Relax your body. Take a few deep breaths. Spiritually refocus on God, setting aside requests and concerns. If you get distracted, remind yourself of why you are here by repeating the following phrase: 'Speak Lord, your servant is listening.'

2 REJOICE

**REJOICE IN THE LORD ALWAYS. I WILL SAY IT AGAIN. REJOICE!
PHILIPPIANS 4:4**

Reflect: Where have you seen God show up today?

Take time to thank God for the blessings that He has placed in your life. Let that gratitude overflow into worship.

3 ASK

**...LET YOUR REQUESTS BE MADE KNOWN TO GOD.
PHILIPPIANS 4:6**

Reflect: Where have you seen your need for God this day?

God cares about your needs and desires. Take time to present your requests to God in faith, giving Him the space to work in that situation.

4 YIELD

**SEEK FIRST HIS KINGDOM AND HIS RIGHTEOUSNESS.
MATTHEW 6:33**

Reflect: Where have you failed to honor God and others this day?

Take time to confess your failures to God and ask for His forgiveness. Choose to make this a time of surrender to the Spirit, contemplating what Christ-like change might look like in this situation. And take action!