

Prayer of Examen

Sandals Church

By Pastor Dan Crowley

Spiritual Formation and Soul Care

PURPOSE: To open your heart to God. To awaken your soul to God throughout your day. To heighten your sensitivity to the work of the Holy Spirit in your daily rhythm of life.

PHILOSOPHY: It's easy to go about each day and miss the subtle invitations from the Lord to connect with Him amidst our daily rhythms. Jesus and the disciples knew this intense challenge so well as they continually attended to the steady flow of ministry demands. The gospel of Mark captures this shared experience well, "And [Jesus] said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat."¹ Can you resonate with this sentiment?

CONTEMPLATE: The Prayer of Examen is simply a time for you to pause and connect with God. It takes very little time and has huge upside potential.

Take approximately 15 minutes and reflect on a portion of your day. If you're practicing this at the mid-point of your day, consider reflecting on the first half of your day. If you're doing this before bed, maybe you want to consider all of your day. Consider all that you did from your sleeping, to your recreation, to your work to any other things that were unique to your day's activities. Look at the details of your day, large and small, seemingly insignificant to obviously important. Pay attention to your emotions and what it was that was the trigger for them.

As you do this review, ask God questions like...

- Lord, where did I connect with you amidst my day? Where was my spirit awakened to You?
- Lord, where did I miss connecting with you? What prevented me from connecting with you?
- Lord, where does my spirit need to be open to your Spirit as I go into the next part of my day?

PRAY: When you are done, close your time with God in prayer. Take a few minutes to thank God for your time with Him, being grateful for all that you've discovered, regardless of what it is.

¹Mark 6:31 ESV