



PRAYER OF EXAMEN

Are you ready for a deeper knowledge of God? If the idea of gospel meditation and reviewing your recent experiences creates an interest in you, consider participating in the ancient tradition of the Examen of Consciousness (a critical study of awareness of the presence of God in your daily life). You will likely want to commit to practicing this habit daily over the next week in order to familiarize yourself and grow comfortable in the process. Fifteen minutes at the end of each day is a sufficient time and the most appropriate time to do the following:

1. First, gather the appropriate tools to write or type and record your thoughts. Then find a quiet place where you can sit undisturbed. Comfortably sitting is optimal. You will want to both rest comfortably and remain awake; which may prove challenging since it is the end of the day.
2. Select a gospel account of one event in the life of Jesus (E.g. Mark 6:45-53, 10:17-22, 10:46-52). Start with a brief prayer. Invite God to allow you to sense or feel His presence and imaginatively experience and encounter Jesus. Next, spend 5 minutes meditating or picturing the events of the passage. Just as a spectator would observe the events as they unfold, you should watch, listen and stay attentive to Jesus as you meditate. Don't try to analyze the story or learn lessons from it, just be present to Jesus.
3. After thanking God for the gift of time spent with Jesus, ask for His help reflecting on the events of your day in order to become aware of His divine presence during those moments/times.
4. Like a movie or video, allow the events of the day to replay. Accept whatever comes into your memory or focus, no matter how trivial it may seem, as a gift from God. Ask for His help to show you where and how God was present in these events.
5. Journal the events and memories that God highlights as you replayed your day.
6. End your time by thanking God for the gifts you have received during this process.

You likely will be pleasantly surprised to see where God is at work in your life; experiencing new things about Him and yourself. You might also find a new peace as you fall asleep in the awareness that you are in the presence and protection of God your Father. If you fall asleep before you have the chance to journal, accept this, too, as a gift from God.

References

Barton, Ruth H. (2006) Sacred Rhythms: Arranging Ours Lives for Spiritual Transformation. Annotated Ed. InterVarsity Press. Downers Grove, IL.
Benner, David, H. (2015) The Gift of Being Yourself. Expanded Ed. InterVarsity Press. Downers Grove, IL.