

# Prayer of Examen Guide

“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him” Colossians 3:17

**Intro:** A form of centring prayer and foundational tool for spiritual formation is the Examen. The Examen is sometimes referred to as ‘examination of consciousness’ and was popularised by Ignatius of Loyola (1491 – 1556).

1. **Invocation:** I Can never escape from your Spirit! I can never get away from your presence...Behold, you are there.” Psalm 139:7,8

Take a moment to breathe deeply and remember your Belovedness as a child of god, and the promise of His Presence: “Behold I am with you even until the end of the age.” - Matthew 28:20

- a. Light a Candle
- b. Place you hand on your heart

2. **Gratitude:** Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 1 Thess 5: 16-18

We are going to walk through our day, beginning with our experience waking up this morning, through to our entering into this time of prayer. As we walk through this day (or yesterday if doing Examen as a morning exercise) in our memory, thank God for every gift that you encountered. Gratitude is the foundation of our whole relationship with God. Thank God however, not just for the joyful or pleasant events of your day, but also for the annoyances, sufferings, or conflicts and struggles that you faced in the day, because through them God has offered you a great opportunity to grow in patience, love, and understanding, that your compassion and joy might be complete.

3. **Enlightenment:** Search me, O God, and probe my heart; dig deeply and know my innermost thoughts.” Psalm 139.23

This is not merely a *self examination*. Madame Guyon warns against us “depending on the diligence of our own scrutiny rather than on God for the discovery and knowledge of our sin.” Remember King David’s Prayer “Search me O God.”

Now, ask God to allow you to see the day not merely through your own eyes, but with a deeper perspective. This is a time to sit with god and experience life *together*. Express to God your desire to be transformed into the likeness of Christ, and your willingness to bare yourself frankly before God and conform to Christ’s Kingdom.Offer yourself, all that

you are, before the light of God's love, remembering, that " if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. 1Jhn 1:7

4. **Reflection:** Examen yourselves to see whether you are living in the faith. Test yourselves. Do you not realize that Jesus Christ is in you? - 2 Corinthians 13:5

Now take time to reflect on what God's spirit is teaching you through this Examen. What are you learning about yourself, about others in your life. What feelings and emotions did you experience as you replay your day? What happens in your body as you recall your life this day? What spirit motivated my day and is it holy? Was it a spirit of love, of fear, of guilt, of ambition?

Now listen to the whispers of truth and love from the Spirit over your day. What is the Spirit inviting you to?