Prayer of Examen

Adapted from *Leadership Transformations*

(https://leadershiptransformations.org)

The Prayer of Examen helps increase our awareness of where and how God is present in our lives. The root meaning of Examen is to weigh something accurately. It involves reflecting on events and experiences so that we might recognize God's grace and work.

Practicing the Examen can foster gratitude, encourage discernment, reveal our God-given desire, uncover places where we resist God's love, and teach us to discern God's guidance in our here-and-now world.

1. **Ask for understanding**.

"Father, I want to see my life through Your eyes, not my own. I ask for the grace to pray, to see, and to understand. Amen."

2. **Give thanks to God**.

Select the length of time you are using as your frame of reference for this Prayer of Examen. Recall God's gifts to you during that time. How has God been at work in you? What are you most grateful for?

3. **Review the chosen time period in God's presence**.

In a spirit of gratitude, ask the Holy Spirit to help you review the events of the time period chosen.

Think through such things as: What happened? Where was God?

Pay special attention to your emotions. Notice significant high and low points that stand out to you.

What might God be saying or doing in those things?

4. **Face shortcomings**.

Recall what did not go well. Ask yourself, "What do I need to confess?"

In a spirit of humility, bring these things to the LORD in prayer as honestly as you can. Avoid the temptation to defend or justify yourself.

Receive God's gift of forgiveness:

"For there is therefore now no condemnation for those who are in Christ Jesus." Romans 8:1

"This is a true saying and worthy of all to be received, that Christ Jesus came into the world to save sinners." 1 Timothy 1:15

5. **Look ahead**.

Look ahead. What will you be doing? Who will you be with? What challenges are before you? Pay attention to the feelings that surface as you anticipate the future. Pray through them.

Ask God, "What one thing should I focus on as I move forward?" Listen.

6. **Close with the Lord's prayer**.