

Prayer Practice: EXAMEN

Psalm 139:7-8

7Where can I go from your Spirit?

Where can I flee from your presence?

8If I go up to the heavens, you are there;

if I make my bed in the depths, you are there.

Recognize that God is (and was) with you in every detail, in every moment of your day.

Psalm 139:1-3

1You have searched me, LORD,
and you know me.

2You know when I sit and when I rise;
you perceive my thoughts from afar.

3You discern my going out and my lying down;
you are familiar with all my ways.

Review the last day (like watching a DVR replay of your day). Where was God present and moving in the actions and interactions and conversations and thoughts and feelings that you experienced through the day?

Psalm 9:1-2

1I will give thanks to you, LORD, with all my heart;
I will tell of all your wonderful deeds.

2I will be glad and rejoice in you;
I will sing the praises of your name, O Most High.

For what are you grateful? For what do you want to give thanks to God for?

Psalm 51:10-12

10Create in me a pure heart, O God,
and renew a steadfast spirit within me.

11Do not cast me from your presence
or take your Holy Spirit from me.

12Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.

Where in the events of the past day did you miss the mark? Where did you sin? Where do you need to ask forgiveness?

Psalm 121:1-2&8

1I lift up my eyes to the mountains—
where does my help come from?

2My help comes from the LORD,
the Maker of heaven and earth.

8the LORD will watch over your coming and going
both now and forevermore.

*Look to the day ahead. What concerns you about the rest of the day? About tomorrow?
What challenges will you bump into? What joys might you experience?
Ask for God's help to allow you to see His active presence at work through all of it.*

