

A Daily Examen Prayer

1. Pray for Understanding

- a. Pray that God might help you understand how he is working with you in your everyday life. We believe that God is *always* present and at work, and so we pray that, in reviewing our day, we might come to recognize God's activity with us.

2. Rewind the Past 24 Hours in Your Mind

- a. Walk through the past day as best you can. Try to recall as many details as possible. Begin with now and work backwards through your past 24 hours.

3. Give Thanks

- a. Recall and give thanks for the good things God has given you in the past day. Move from broad basic categories (being alive, people you love, having food to eat, etc) to more specific moments (particular moments of joy, peace, etc). God is real and shows up in real life. We often shy away from naming specifics, but becoming familiar with specificity opens our eyes to see God's hand at work. What was said or done or left undone that you were thankful for? Who was involved? Where were you?

4. Pay Attention to Your Feelings

- a. Notice any strong feelings, both positive and negative, that emerge in your recollection of the day. Feelings are strong indicators that something happened that was important to us. They tell us about ourselves and our relationship with God.
- b. Ask yourself what feelings were strongest and why. Do not judge your feelings. We tend to believe that certain feelings are good and others bad, or we shame ourselves because a certain event brought forth a certain emotion. Avoid this as best you can. Catch yourself in the act if you find yourself judging your feelings. Simply notice them, name them, and move along.

5. Pick a Feeling

- a. Choose one of the strong feelings from the past day and dig deeper. This will become the source of your prayer. Trust the Holy Spirit's guidance when choosing. Ask, "Lord, what do you want me to see?" You may tend to

avoid complicated feelings. Practice trusting God's presence and work even in our darkest valleys.

- b. Name the feeling.
 - i. Is it positive or negative?
 - ii. How does it move you?
 - iii. Do you want to be angry at God, or do you want to praise God?
 - iv. Whatever the feeling moves you toward can be a source of prayer. Don't try to predetermine what a prayer should be any more than you would predetermine what a friendship should be. Simply allow the feeling to lead you in a conversation with God.
 - v. Ask, "God, what do you want me to know/see here?"

6. Look Ahead

- a. As you wind up your time in prayer, start thinking about how this will affect your choices in the future. Ask God to be with you as you prepare for what lies ahead.
- b. Again, pay attention to your feelings. Are you hopeful? Anxious? Indifferent? What does God want you to know about that?

7. Close Your Time

- a. Consider closing with a short prayer of thanksgiving for God's constant prayer and work, the grace to discern God's will, and the courage to follow God's will. Then, end with the Lord's Prayer or Wesley's Covenant Prayer.

Wesleyan Covenant Prayer

Lord,

I am no longer my own, but thine. Put me to what thou wilt, rank me with whom thou wilt. Put me to doing, put me to suffering. Let me be employed by thee or laid aside for thee, exalted for thee or brought low for thee. Let me be full, let me be empty. Let me have all things, let me have nothing. I freely and heartily yield all things to thy pleasure and disposal. And now, O glorious and blessed God, Father, Son, and Holy Spirit, thou art mine, and I am thine. So be it. And the covenant which I have made on earth, let it be ratified in heaven. Amen.