PRAYER · WEEK OF CONFESSION

Search Me

The Prayer of Confession

“Search me, O God, and know my heart!” Psalm 139:23

SEARCH ME

“Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!”

Psalm 139:23–24

WHERE WE'RE GOING

Search Me

1

Two distorted mirrors

How we see ourselves on our own

2

The Prayer of Examen

Letting God's light search us

3

The Prayer of Tears

Sorrow that leads to life

4

Coming home

Ask · Confess · Receive · Obey · Rejoice

Not ending in shame, but in **joy**.



RATIONALIZE

The mirror that shrinks sin

“If we say we have no sin, we deceive ourselves, and the truth is not in us.”

1 John 1:8

> “Petty rationalizations and evasions of responsibility”
> — Richard Foster



DESPAIR

The mirror that magnifies sin

“For whenever our heart condemns us, God is greater than our heart, and he knows everything.”

1 John 3:20

> When our damaged self-image votes against us
> — after Richard Foster

Which mirror are you looking into?

GOD SHOWS US TRUTH AND GRACE



Shrinks it

RATIONALIZE

"If we say we have no sin, we deceive ourselves, and the truth is not in us."

1 John 1:8



Shows the truth

GOD'S WORD

"...like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like."

James 1:23–24



Magnifies it

DESPAIR

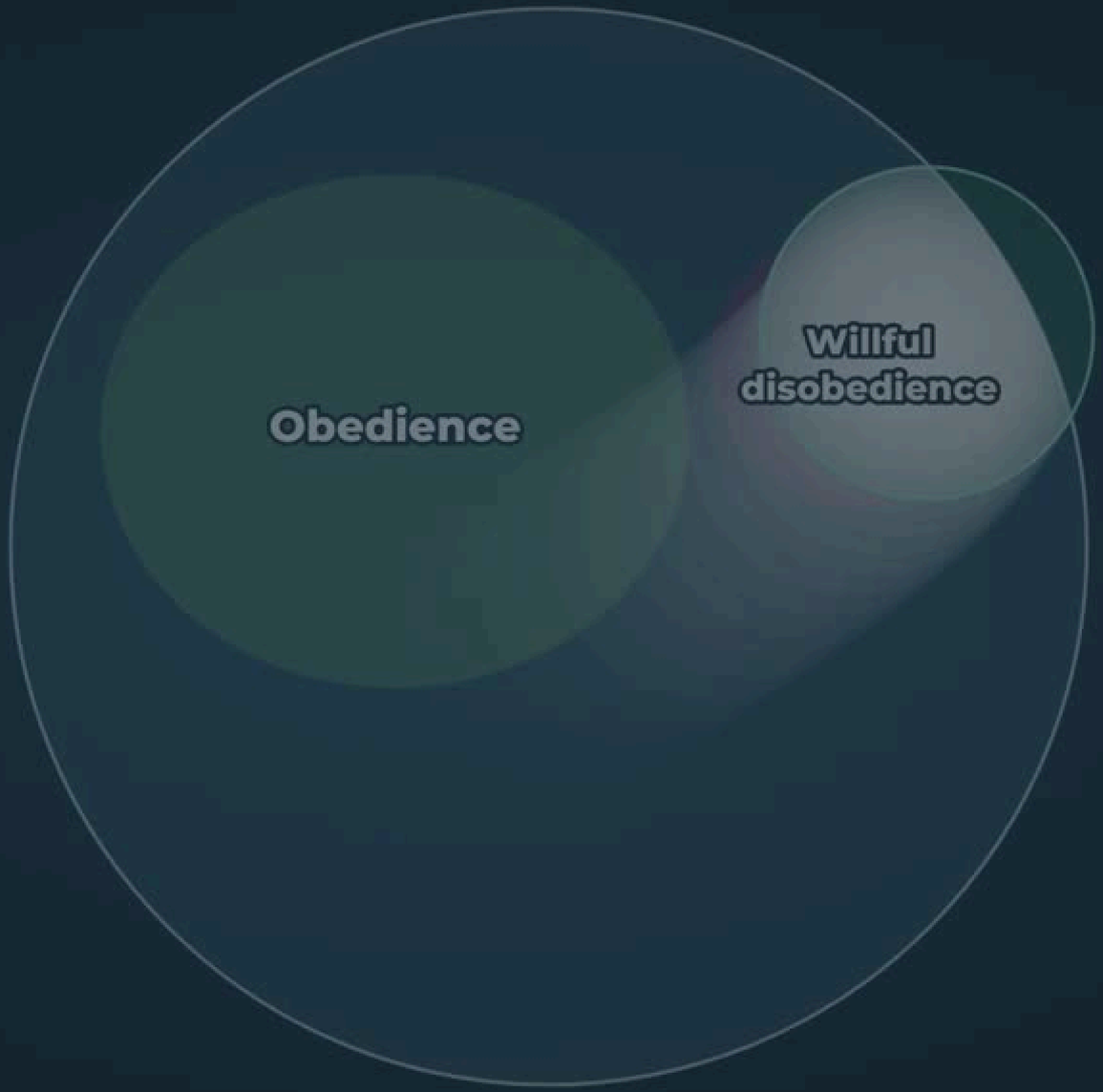
"For whenever our heart condemns us, God is greater than our heart, and he knows everything."

1 John 3:20

The Prayer of Examen

GOD'S LIGHT, SEARCHING ME

- **God's light**
  Truth, presence and mercy
- **My conscious self**
  What I know about myself



"Search me, O God,
and know my heart!"

Psalm 139:23

THE PRAYER OF TEARS

“For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.”

2 Corinthians 7:10

FALSE PEACE

“They have healed the wound of my people lightly, saying, ‘Peace, peace,’ when there is no peace. Were they ashamed when they committed abomination? No, they were not at all ashamed; they did not know how to blush.”

Jeremiah 6:14–15

COMING HOME

How do we repent?

1	**Ask**	God gives the gift of repentance **Psalm 51:17**

COMING HOME

How do we repent?

1	**Ask**	God gives the gift of repentance **Psalm 51:17**
2	**Confess**	Call it what God calls it **James 5:16**

COMING HOME

How do we repent?

1	**Ask**	God gives the gift of repentance **Psalm 51:17**
2	**Confess**	Call it what God calls it **James 5:16**
3	**Receive**	He is faithful and just to forgive **1 John 1:9**

COMING HOME

How do we repent?

1	**Ask**	God gives the gift of repentance **Psalm 51:17**
2	**Confess**	Call it what God calls it **James 5:16**
3	**Receive**	He is faithful and just to forgive **1 John 1:9**
4	**Obey**	Make it right **Luke 19:8**

COMING HOME

How do we repent?

1	**Ask**	God gives the gift of repentance **Psalm 51:17**
2	**Confess**	Call it what God calls it **James 5:16**
3	**Receive**	He is faithful and just to forgive **1 John 1:9**
4	**Obey**	Make it right **Luke 19:8**
5	**Rejoice**	Restore to me the joy of your salvation **Psalm 51:12**

"Remember, this repentance, this willing submission to humiliation and a kind of death, is not something God demands of you before He will take you back and which He could let you off if He chose: it is simply a description of what going back to Him is like."

C. S. Lewis, *Mere Christianity*

THIS WEEK'S PRACTICE

The evening Examen

1. Where did I see God at work today?
2. Where did I react in a way that surprised me, and *why*?
3. What might God be inviting me to change or receive?

During the day

Doorway: "You are here."

Creation pause: "Lord, what are you saying through this?"

Psalm 103:12: East and west