

Examination

Examination has been used by the Christian community for thousands of years to assist in listening to God's direction. It is an invitation to intimacy with God and self. Henri Nouwen, who was a theologian and professor once stated when writing on examination that, *"Solitude is the furnace of transformation without solitude we remain victims of our society and continue to be entangled in the illusions of the false self"* (Nouwen, 2003, p.25). My prayer for you, is that in this moment you would take time to examine your own heart, and reflect on the following questions with honesty and humility. Allow yourself the freedom of not wandering off to the deep hole of shame, but to see of an opportunity to live life with God in a way that brings freedom to your daily interactions. As you read the following questions be attuned to your body. What do you feel? What do you think? What comes up in your mind as you are still?

Am I committed to seeking truth? Am I progressing in my knowledge of God or am I stagnant? Have I become calloused or numb? If so, why and when did this happen?

Do I feel like I am surviving most days or can I confidently say I am thriving? Is this answer the same in regards to my family, my work, and my interpersonal relationships?

When in my life do I have the deepest connection with God, others, and myself?

Examination

Examination has been used by the Christian community for thousands of years to assist in listening to God's direction. It is an invitation to intimacy with God and self. Henri Nouwen, who was a theologian and professor once stated when writing on examination that, *"Solitude is the furnace of transformation without solitude we remain victims of our society and continue to be entangled in the illusions of the false self"* (Nouwen, 2003, p.25). My prayer for you, is that in this moment you would take time to examine your own heart, and reflect on the following questions with honesty and humility. Allow yourself the freedom of not wandering off to the deep hole of shame, but to see of an opportunity to live life with God in a way that brings freedom to your daily interactions. As you read the following questions be attuned to your body. What do you feel? What do you think? What comes up in your mind as you are still?

Am I committed to seeking truth? Am I progressing in my knowledge of God or am I stagnant? Have I become calloused or numb? If so, why and when did this happen?

Do I feel like I am surviving most days or can I confidently say I am thriving? Is this answer the same in regards to my family, my work, and my interpersonal relationships?

When in my life do I have the deepest connection with God, others, and myself?
