



# Prayer *of* Examen

As we begin to train our brains to see God throughout our day, one of the first steps is to pause every evening and let God reveal to us where He was working, teaching, guiding, comforting, and leading us throughout the day. Without that important pause, we will simply fall into bed exhausted and forget all that God did during the day.

A simple way to begin these evening reflections is by practicing the Prayer of Examen. The Prayer of Examen enables us to practice all we're focusing on this week: slowing down, relying on the Holy Spirit, and noticing God all around us.

## **Materials You Will Need:**

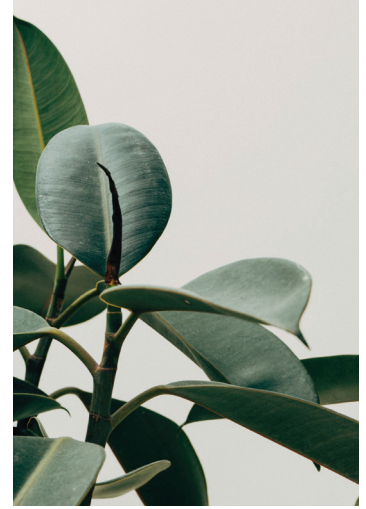
- An empty journal or the following blank pages
- The Prayer of Examen prompt page
- A writing utensil

And that's it! Each night, go to bed 5-10 minutes before you normally do. Sit quietly before God and pray through the prompts listed.



# Prayer of Examen

*Prompt*



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## Steps for Prayer of Examen:

1. Begin by asking the Lord to draw you into His presence to hear from Him
2. Look back over your day and list all the blessings He gave you throughout the day (both little and big blessings!)
3. Spend a few moments thanking Him for those blessings.
4. Ask the Holy Spirit to give you the eyes to see your day as God saw it and not as your emotions or feelings would like it to be.
5. List the times you lived out what Christ has asked of you. Praise Him that He enabled you to live out your faith in those moments.
6. Now list any areas where Christ is still teaching you how to follow Him. Confess those moments and ask God to continue to lead you and guide you in those moments tomorrow.
7. Ask the Lord to reveal to you any place where you pursued your own agenda instead of God's. List those moments and spend time confessing them to God.
8. End your time with prayer, perhaps praying the Lord's prayer.



# Prayer of Examen

## Example

### Sample prayer for Prayer of Examen

Dear Jesus, I long for your presence. You are near when I call. I run into your presence, knowing it is there I am at peace.

As I look back over the past day, I can see many blessings from your hand. I recount them giving thanks for all that you have done. (list your blessings) \_\_\_\_\_

Before beginning to recall and examine my day, Holy Spirit, I ask you to help me to have spiritual eyes to see my day and life for what it really is and not what I wish it to be. (List observations) \_\_\_\_\_

Beginning again, I replay my day looking for areas where I pursued my own agenda and not Gods. (List them here) \_\_\_\_\_

After examining my life, I now imagine sitting across from Jesus. I talk to Him about all my concerns and confess all my shortcomings.

*"Our Father, who art in heaven, hallowed be thy name. Thy Kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For yours is the kingdom, the power, and the glory, forever and ever."*



# Prayer of Examen

## *Outline*

**1.** List your blessings below.

**2.** List where you lived out the life of Christ and where Christ is still teaching you.

**3.** List where you pursued your own agenda instead of Christ's.  
Write out confessions below.



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