Up: Listening Prayer

Examen

** Adapted from 24-7 Prayer, 24-7prayer.com*

"And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him" - Colossians 3:17

"The Examen is an immediate solution to the problem of 'what do I pray about?' The answer is: Everything that's happened to you today. You might have the impression that your everyday life is the dreary same old, same old. It isn't. Daily life is rich and meaningful. Every encounter, every challenge, every disappointment, and every delight is a place where God can be found." - Jim Manney

Replay - Think over your day like a movie replaying in your head. Notice what you are noticing. What made you happy? What made you anxious? What made you angry?

Rejoice - Thank God for those things which are obvious. But also thank Him for non-obvious things which we sometimes forget - random acts of kindness, being healthy, a conversation, or meal. Relish and savor these moments in gratitude to God.

Repent - Say sorry to God for moments that come into your mind as you review the day (e.g., getting involved in gossip, reacting with a tone that was aggressive, lacking compassion in a situation, ignoring a need, not responding to a nudge from the Holy Spirit). Receive His forgiveness.

Reboot - Make a decision in your heart to live for Jesus tomorrow and ask for grace to see His presence more clearly. Be open to anything you might see, sense, or feel that God might want you to move forward with.