

# Prayer of Examen

A prayerful review of the events of the day to discern God's presence and leading in your life. Paying attention to where the Spirit might be at work, loving, affirming, convicting, revealing, instructing, nudging, and guiding amidst the ordinary stuff of your life.

## Benefits:

- Helps to reorient your interpretation of life —adjusting your perspective and focus back to God.
- Engages you in powerfully connecting with God in the daily walks of life together.
- Opens your discovery to any harmful, distracting and destructive patterns and invites you toward Spirit-led resolution.

- Where am I most grateful today – what gave me life – what drew me to God?
- Where was I least grateful today – what is draining me – where was I tempted or pulled away from following God?
- What is God inviting me to notice today (how was God moving)?
- What is my prayer today (praise, prayer need, confession, change in direction)?