

**WEEK SIX
PRAYER PRACTICE
THE FAMILY EXAMEN**

An Adapted form of the Prayer of Examen

The *Prayer of Examen* is a time to prayerfully review the previous day and prepare for the next. This practice is often done either at the start or end of the day as a chance to reflect on what has happened, and to ready yourself for what lies ahead. During this time pay attention to your spiritual journey. Look for where you saw God at work, when you let your pride get in the way, and what are things you need to give to God. You will walk through four steps of calm, quiet, hope, and trust.

NOTE: *This prayer practice works best when done several days in a row.*

Step 1: Calm

For the first step, calm your heart as you spend time with God. Take a few minutes and practice our breathing prayer as you come into God's presence.

Breathe: Calm your heart. Quiet your soul. Hope in the Lord. Trust now and always. Calm. Quiet. Hope, Trust.

Step 2: Quiet

Share: As a family discuss the following questions

What is making your heart feel restless today? What is weighing down your soul? What noises in your head are keeping you from being quiet?

Ponder: Take some time to ponder the noise in your life and all the things that keep you from finding quiet.

Invite: Discuss the noises in your life. Ask invite God to quiet your soul. Give to God the loud voices that make it difficult to hear his voice.

Step 3: Hope

Reflect on the various aspects of the previous 24 hours, considering how you have seen God move and ways that you have fallen short. It can be difficult to admit our shortcomings. Find hope in the amazing grace of God.

Discuss: What were your hopes for the past 24 hours? How did you see God move in your life and the lives of others? What were some mistakes that you made?

Confess: What were some areas where you placed your hope in things other than God? Admit your need for God's grace.

Step 4: Trust

Prepare for the day ahead, trust in God's direction for the new day and seek his guidance for the journey ahead of you.

Consider: What do you have coming up in the next 24 hours? In what areas do you trust God's direction? What areas are you trying to control?

Surrender: Offer God your plans. Ask him to guide you in the day ahead. Trust that he has your best interest at heart.

Breathe: Calm your heart. Quiet your soul. Hope in the Lord. Trust now and always. Calm. Quiet. Hope, Trust