

## WEEK SIX PRAYER PRACTICE

### The Prayer of Examen

The *Prayer of Examen* is a prayer to 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. You will walk through four steps of calm, quiet, hope, and trust.

As you participate in the *Prayer of Examen*, pay attention to your daily spiritual journey. Repeat this practice for at least three consecutive days at three times, starting at the same time each day. Notice any patterns: Where did you see God at work? Where did you let your pride get in the way? What are some of your patterns of control or surrender?

#### 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

For the second step, invite God to turn down the volume in your soul. Take some time to ponder the noise in your life and spend time in the quiet.

**Ponder:** What is making your heart restless? What is weighing down your soul? What noises in your head are keeping you from being quiet?

**Share:** Tell God the noise of your soul. Give to God the loud voices that make it difficult to hear his voice. Ask God to quiet your soul.

#### Step 3: Hope

For the third step, examine your hopes and failures of the previous day. 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.

**Reflect:** 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

In the final step, 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