

The Prayer of Examen

From Self-Awareness to God-Awareness



“Search me, O God, and know my heart; test me and know my thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

Psalm 139:23-23

STEP 1- Prepare yourself by quietly focusing your attention on God.

“In God we live and move and have our being.” Acts 17:28

Focus in silence on being in the presence of the One who loves you most and wants the best for you. Then pray a prayer like this:

Dear Jesus, help me to see myself and my life through your unconditional love and acceptance of me so that your love and power can flow in and through me. Help me to remember that nothing can separate me from your love. Amen.

STEP 2 – Review your day with thanksgiving and a spirit of reconciliation.

“When the Spirit of truth comes he will guide you into all truth.” John 16:13

Start this step by praying like this: As I begin the actual review of my day, I ask for wisdom and courage to see what you want me to see. Help me first to recall and thank you first for the gifts of the day. Then help me remember what you want me to remember and notice what you want me to notice, including my motives, with thankfulness. Help me to be open to anything you want me to see and change so that I can more fully love you and others. Amen.

Now ask yourself **two important questions** (this part of the prayers is the longest):

- **When did I live out of love and freedom in Christ today?**

Phil. 4:8 – *“Whatever is true, ...honest...just...pure...pleasing...commendable, if there is any excellence or anything worthy of praise, think about these things.”*

Ask the Holy Spirit to bring to mind when are acted out of love today, paying attention to feelings such as joy, hope, generosity, and compassion, so that you can recognize when you were drawn to living with what comes when the Spirit is guiding you.

- **When did I not live out of love and freedom in Christ?**

Lamentations 3:40 – *“Let us test and examine our ways, and return to the Lord.”*

Ask God to reveal to you the events and patterns of the day that do not lead to love and freedom in Christ (such as anger, pride, jealousy, and anxiety). Then tell God you are sorry, and accept God’s forgiveness. See any new awareness as a gift and an opportunity for growth in Christ-likeness.

STEP 3 – Thank God for what is happening through this exercise, and ask for guidance and grace for tomorrow.

Eph. 3:20 – *“Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.”*

End with a prayer like this: Thank you, Jesus, for what you have shown to me today. Help me to accept with gratitude all you have revealed. Thank you for all the ways your love is already revealed in and through me. Give me strength and courage to change what needs to change. Thank you that you have my true heart’s desire in mind—work in me to always believe that so that I can truly love you and love others. In Jesus’ name, Amen.