

A MISSIONAL EXAMEN

Examen is an ancient prayer practice for paying attention to God in everyday life by inviting God to illumine your memories and deepen your perception. In this examen, we will attend to moments of our own emotion, God's grace coming to us through another, and the Spirit's invitation, pausing in silence throughout, and conclude with a resolution for how we intend to respond to what has been revealed. Begin by taking seven slow, deep breaths in and out to calm your body and quiet your mind. With each breath, pray
"Speak, Lord // for your servant is listening."

Holy Three-in-One, you are ever near and always at work for good. Everywhere I have been, every hour of this day, in each circumstance, you were also there. I only ever walk on holy ground and it is my desire that I may grow in this awareness so that, along with all the saints, I may delight in your presence and participate more fully in your renewal of all things. Father, grant that like your Son I may learn to do only what you are doing, for apart from Christ I can do nothing. Holy Spirit, who gives visions to the young and dreams to the old, I ask you to guide my thoughts as I open my mind and memory to you. Grant me eyes to see, ears to hear, a mind that perceives, and a heart eager to respond in faith.

Creator God, whose overflowing love formed the world, draw to my mind a moment in which my emotions were stirred.

Pause for three deep breaths, allowing the Spirit to direct your thoughts. When your thoughts have settled upon a moment, recall it in as much sensory and emotional detail as possible. Then continue.

- **What was it that I felt? What word best expresses it?**
- **Why did I feel this way? What within or around me provoked this emotion?**
- **How did that feeling lead me to act?**

Abba Father, I thank you. May this memory, and the insights you have given, guide me toward greater understanding of my heart that I might yield a more abundant harvest of spiritual fruit – toward love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and selfcontrol.

Jesus Christ, who often comes to us disguised, lead my thoughts to a moment in which your loving grace was present to me through the presence of another person.

Pause. When your thoughts have settled upon a moment, recall it in as much sensory and emotional detail as possible. Then continue.

- **What was God’s grace to me in that moment?
How shall I name it?**
- **How did I respond to God’s grace— internally
and externally?**
- **What might I learn from this encounter with
God’s grace?**

Teacher, I see that You have been gracious to me. Thank you for helping me to perceive your gift. Teach me to receive and respond to your grace with gratitude toward you and gratitude toward those through whom you have sent it.

Unbounded Spirit, who is ever searching for human partners in the renewal of all things, bring to mind a moment in which you gave me an invitation to partner with you in some small way.

Pause. When your thoughts have settled upon a moment, recall it in as much sensory and emotional detail as possible. Then continue.

- **What was God’s invitation to me?**
- **How did I respond to God’s invitation—
internally and externally?**
- **How might this moment help me to see what
God is doing in my midst?**

Triune One, your daily invitation to share in abundant life and join in your redemptive mission is too

astounding to grasp. May your kingdom come and your will be done on earth, in my community, in my congregation, in my family, and within me as it is in heaven.

Lord of life, in your overflowing grace, you have given new sight to my eyes, new sounds to my ears, new understanding to my mind, and new eagerness to my heart. In faithful response, by your grace, I make this resolution: _____. *Be concrete, but realistic.*

In the name of the Father, Son, and Holy Spirit— Amen.

*A Missional Examen created by Christopher B.
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