

Prayer of Examen

One of the main goals of the Fellows program is to draw closer to God. If we want to live near God each day, it is important to: (1) notice where God has been active in our lives during the course of the day so we can thank and praise him, and (2) to remember where we have sinned against God and ask his forgiveness. These two simple practices will help us as we seek to walk in the Spirit and enjoy fellowship with God more consistently.

Richard Foster explains that, “In our busy, hectic world, it is easy to run from one thing to the next without much thought of God’s presence and purpose in our daily life. The Prayer of Examen emerged in the sixteenth century as a way to help believers recognize instances of God’s grace in the course of the day just ended. By learning to give attention to God’s grace in our lives, we come to know and love him more and more.

The Prayer of Examen is simply a quiet time at the end of each day, in which we relax and examine or review our day with special attention focused on certain areas:

1. *Gratitude* for all of God’s good gifts during the day, of whatever sort they may be
 - a. Events
 - b. Experiences
 - c. Ideas
 - d. Encounters
 - e. Conversations
 - f. Provision
 - g. Other
2. *Awareness* of God’s presence at different points during the day, in the many and varied ways he meets us
 - a. In his Word
 - b. In nature’s beauty
 - c. In other people
 - d. Other
3. *Confession* of sins of omission and commission which have displeased God and quenched the Holy Spirit’s presence and power in us
 - a. Thoughts
 - b. Words
 - c. Deeds”¹

While you are in the Fellows program, experiment with this practice and seek to integrate it into your life. As it becomes a consistent part of daily life, your love for God and others should grow deeper.

¹ Richard Peace, *Meditative Prayer*, (Colorado Springs, CO, NavPress, 1998), 53-57