

RHYTHMS

PRAYER OF EXAMEN

The examen is a practice for discerning the voice and activity of God within the flow of the day.

1 PAUSE

Pause and simply be aware of God's presence. Give yourself 30 seconds to 2 minutes to sit in silence before God and rest in His presence. You can focus on your breathing, or recite a simple word to focus your attention. Possible key words could be Jesus, Come, Be Still, Father, Spirit, etc...

2 REMEMBERING

Remaining in silence and stillness, review the day and call to your attention the good things, or "God things" in your day. As God reveals something, you can respond with a simple "thank you." You might consider a question below as a prompt for your pondering.

- For what moments today am I most grateful?
- What was the most life-giving part of my day?
- When today did I have the deepest sense of connection with God, others, and myself?

Prayer You can close this movement by simply thanking God for His good gifts.

3 SURRENDERING

In the same stillness, review the days and acknowledge the difficult parts. Perhaps it was something done to you, or something you did to someone else. Or maybe it was just a difficult situation that you had to navigate. . As God brings things to mind, you can respond with a simple "Yes Lord," "forgive me," or "I give it to you." Below are questions you might consider pondering.

CONTINUED

- For what moments today am I least grateful?
- What was the most life-thwarting party of my day?
- When today did I have the least sense of connection?

Prayer God empathizes with our pain - bring it to Him

4 ABIDING

Sit quietly in God's presence for a minute or as long as you can. You can read the following passage once, or over and over again, consenting to God's love and your desire to abide in His grace, love, and presence.

Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. John 15:4-5

Prayer Ask God for the grace for you to abide more fully in Him in now, and in the days to come.

ADDITIONAL RESOURCES

Though we often think of the spiritual life as a personal journey, a life following Jesus is a life dedicated to allowing others to help you and you helping others in their growth.

If you are not already connected, we encourage you to step into an aspect of community here at Crossroads.

Some, such as Community Groups or our men's and women's ministries, are for cultivating spiritual friendships for the life of faith.

Others are to allow others to help you walk through a specific hurt, hangup or habit, toward the healing and wholeness God offers us. Here are three key environments at Crossroads.

Community Groups - crossroadsabc.com/adults

Celebrate Recovery - crossroadsabc.com/celebraterecovery

Stephens Ministry - crossroadsabc.com/stephenministry

