

CAPITAL RESOURCES

PRAYER OF EXAMEN



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PRAYER OF EXAMEN

PREPARE

Take a few moments to center yourself in God.

Remind yourself that he is with you, and he loves you.

You may want to briefly meditate on a favorite verse from the Bible that reminds you of his presence (Psalm 139 or Joshua 1:9) or his love (Romans 8:38-39 or Jeremiah 31:3).

If you're afraid to see what's in you, remind yourself of God's forgiving nature by reading 1 John 1:9.

INVITE

Ask God to lead the way as you review your day.

Ask him to show you evidence of his presence.

Ask him to show you what is true about you.

You may want to simply pray Psalm 139:23-24.

Psalm 139:23-24

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

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EXPLORE

Reflect on the major moments of your day (meetings, meals, spiritual practices, conversations, etc.). You may find it helpful to list them in order.

Thank God for something in each part of your day.

Ask God to bring to mind any attitudes or actions that did not reveal the fruit of the Spirit in your life (Galatians 5:22-23).

Did you fail to love someone today?

Reflect on any strong emotions you may have felt:

- What irritated you today?
- What worried you today?
- What discouraged you today?
 - Does God want to show you anything about your heart?
 - Do you observe any patterns?
- Ask God to help you see moments when you bore the fruit of the Spirit.
 - When did you love?
 - When did you find peace in spite of your pace or pressure?
 - When were you patient with difficult people?
- Whether you saw it in the moment or not, where do you see that God was working in your day?
- Do you notice anywhere God was showing you his love?

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RESPOND

If you haven't done so already, ask God to forgive you for any sin you may have committed. Be specific.

- Invite God to help you see the patterns of your responses and ask him to
"lead you in the way everlasting."
- Ask yourself these questions:
 - Is there anyone who needs your apology?
 - Is there anyone you need to forgive?
- Ask God to help you see him working in you and around you all day.
- Consider finding a Bible verse to memorize or a simple prayer to pray throughout
your day that will help you live better tomorrow.




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