

Closing Prayer / Examen
Mar. 6, 2021 Emmaus Retreat Day

The Examen prayer is a practice of prayerfully reviewing your day in the presence of God. Think of this as time set aside for thankful reflection on where God is in your everyday life. It has five steps which can be practiced and adapted to your own circumstances.

1. Still yourself in silence for a few minutes. Become aware of your breathing, and let it settle into a comfortable rhythm. Recall that you are in God's presence. As you breathe become aware of your body and beginning with your head and shoulders, work your way down, letting every part of you relax as you breathe.

*O Lord, my heart is not lifted up,
my eyes are not raised too high;
I do not occupy myself with things
too great and too marvelous for me.
But I have calmed and quieted my soul,
like a weaned child with its mother;
my soul is like the weaned child that is with me.*
(Psalm 131:1-2)

2. Ask God for light and wisdom, praying that you may receive the light of Christ, so that you can look at your day with the eyes of Christ. Pray for wisdom to understand what you are seeing afresh.

For it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.
(2 Corinthians 4:6)

"Then their eyes were opened and they recognized Him."
(Luke 24:31)

3. Give thanks for the day that you have just lived, which is a gift from God. Express your gratitude for the gift of this day.

“All that I have is yours.” (John 17:10)

“What do you have that you did not receive?” (1 Corinthians 4:7)

4. Review the day – Let your mind review the events of the day, and the moods and feelings they invoked in you. You might want to remember them silently on your own, or you may wish to talk to Jesus about your day in your own words, whichever seems better and more natural to you at the time.

(i) What events and feelings are you *drawn to*, what gave you life today? What was wind in your sails today? These are moments of **consolation**.

(ii) What events and feelings made you feel *driven or deflated*? What has zapped you of life today? Some circumstance or struggle, perhaps, or when you felt sad, helpless or angry? These are moments of **desolation**.

*Search me, O God, and know my heart;
test me and know my thoughts.
See if there is any hurtful way in me,
and lead me in the way everlasting.*
(Psalm 139:3-24)

5. Look forward to tomorrow, ask God to be with you in every detail of the coming day, including what we anticipate and what we do not. If there is a particular grace you desire for the day ahead, name that before God now.

“So I say to you, Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. Is there anyone among you who, if your child asks for a fish, will give a snake instead of a fish? Or if the child asks for an egg, will give a scorpion?”
(Luke 11:9-12)