

A Daily Pattern of Preparation and Examen

In the morning:

- Start with thanksgiving. “God, thank you for this new day. Thank you for my life...”
- Talk to God about whatever is on your mind and heart.
- Read a portion of Scripture.
Matthew, Mark, Luke, or John
Psalms
Proverbs
Any of the rest of the New Testament
- Pray about what you read—talk it over with God.
- Think through your day. Anything challenging coming up? Any difficult people you will encounter? Any opportunities to do good that you already know about?

In the evening:

- Preparation: Settle into silence and rest in the love of God. Hear God say to you “I have loved you with an everlasting love.”
- Invitation: Invite God to go with you as you review your day.
- Review the day: Identify the major events of your day, your meals, your interactions with others, etc. Notice where God seemed to be loving you, speaking to you, or guiding you. Where did I do good? Where did I fail to do good? The point is not to beat yourself up over opportunities missed or to congratulate yourself for opportunities taken, but to learn from your life
- Give thanks: Thank God for each part of your day.
- Confess: Use Psalm 139.23-24 as your prayer. Ask God to bring to mind any time that you were less than Christ-like in your actions, words, or attitudes. [Do No Harm]
- Ask forgiveness: Ask for God’s forgiveness and be assured—be confident—that you are forgiven by God (1 John 1.9) Is there anything you need to do to make things right in response to the situations you confessed?

The evening portion is adapted from *Sacred Rhythms* by Ruth Haley Barton

Add this with either your morning or your evening practice (or at another time entirely)

Determine a time every day that you will spend in silence and solitude with God. This is simply an unstructured time of sitting with God. Start with setting a timer for 3 minutes and then work up to 5 minutes. You can always go longer if you wish. What to do during this time? You can pray, of course—simply talk to God about what is on your mind. Or you can listen. Pray “Speak, Lord, your servant is listening.”

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