

Listening to God in Lent

A Guide to The Examen Prayer

Lent can be a time to renew and change our daily behaviors, including our prayer practices. For centuries, the Christian community has used the Examen as a daily reflection on where God is working in the world and everyday life. To use this practice as a way connect to God this Lent, you may follow the basic steps of the Examen:

- 1. Quiet your mind.** *Breathe deeply and ask for help to look at your day with God's eyes.*
- 2. Give thanks.** *Let a sense of gratitude fill you.*
- 3. Review the day.** *Notice 1-2 moments or interactions in which you felt God moving toward you or in you. Allow yourself to listen to what God may be trying to say to you through them.*
- 4. Face your shortcomings.** *Identify 1-2 places where you have found yourself moving away from God's love and presence. Lament and express sorrow to God.*
- 5. Look toward the day to come.** *Ask for ears, eyes, and mind that are open to God's presence.*

You may use a journal to jot down and remember your observations after following the steps of the Examen.

