

PRAYER

PRAYER JOURNALING

RECALL

EVERY
GOOD AND
PERFECT
GIFT IS
FROM
ABOVE

REBOOT

REJOICE

REPENT

JOURNAL



PRAYER JOURNALING - EXAMEN PRAYER

Prayer journaling can take many brilliant forms, one of these is the 'Prayer of Examen.'

This ancient prayer (from St. Ignatius) helps us to reflect on our day and recognise God's presence and activity, as well as our response to Him.

Below is a simple structure for this prayer.* It may be tempting to spend more time on one of the 4 parts than another (depending on personality / preference) - and there are times when this may be appropriate and helpful - but there can be real value in setting roughly equal time for each part, even if some parts feel more challenging or uncomfortable.

As you come to journal/pray (you don't have to write it down) this prayer, take a moment to be still and acknowledge the presence of the Holy Spirit with you, and the love of God through Jesus for you.

1. RECALL

Think through the key events of your day, taking particular note of any emotions you may have felt - emotions, whether 'positive' or 'negative' can often reveal something of God's presence with you. Ask God to help you see His presence and activity.

2. REJOICE

Gratefully recall moments of joy in your day, asking God to help you see their significance. Thank Him for His presence with you and for any blessings that come to mind - 'every good and perfect gift is from above' (James 1:17).



3. REPENT

Where do you need God's forgiveness? Wherever you can see words, thoughts, desires, actions or attitudes in your life that don't look like Jesus, confess, turn back to Him, and ask for His Spirit to empower you.

4. REBOOT

With hope, consider tomorrow, and invite God to help you live more aware of and in-step with the Holy Spirit. Ask the Holy Spirit for wisdom, strength and boldness to walk in the way of Jesus.

**REFLECT ON OUR
DAY, RECOGNISE
GOD'S PRESENCE
AND ACTIVITY, AS
WELL AS OUR
RESPONSE TO HIM.**

A minimalist desk setup with a white table, a grey chair, a candle, a plant, and a framed picture.

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