

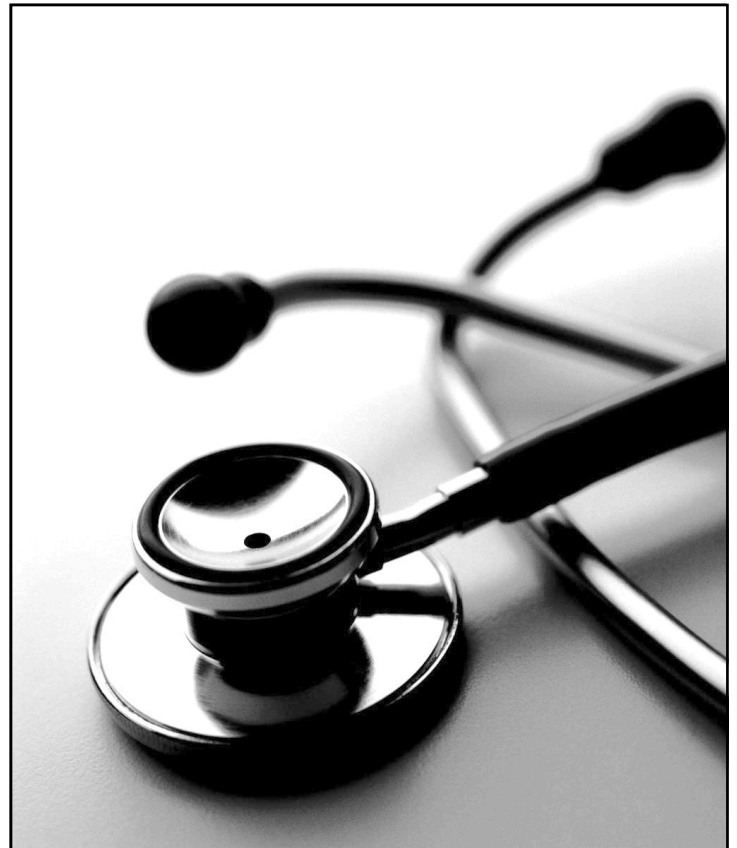
A Prayer of Examen

Heavenly Father and my Great Physician. I sit here waiting to hear you call my name, so that together we can examine my heart and mind. You know that I am really anxious about being examined by you. I am afraid of what you will find and what you will say. I am afraid that you will tell me to make changes that I don't want to make. But I choose now to be completely vulnerable with you. I love you and I trust you. I know that you are gentle and humble and will never be my accuser.

I submit myself, Lord, to your measurements – weigh me and see if my inner life is in balance to do your mission. Take my temperature and see if it points to an infection of sin. Take my blood pressure – see if I am holding on to anxieties that could be dangerous to my well being. Take my pulse and see if my heart is beating strongly for you.

Lord, guide my mind to areas of my life where I am living outside of your will. Reveal to me the places where I am disobedient to your Word, where I have grieved you and given into my sinful nature. I humble myself and ask for you to forgive me. Show me what I need to do to make restoration with you and anyone who I have sinned against. Tell me what I need to do to go and sin no more.

Show me, Lord, attitudes that I hold which are not in your character but yet, I am carrying – attitudes of pride, carelessness,, laziness, vengeance, anger, superiority, hypocrisy or anything else that is not Christ like. I recognize that attitude adjustments are hard to make and in some cases they are so ingrained in my personality and culture that it will take a miracle. But I ask that you start me on the path to healthy attitudes. Encourage me along the way to take on the mind of Christ.



God of love, show me where I have not been loving to others, where my words have been cutting, attitudes rotten, or actions hurtful. I know that there are probably times when I have said or done things which I'm not even aware. I have cut people off, left people out, made them feel like they are less than, or worse than, they are. I know that this is not how you want me to treat people. I want to treat people with the respect and love with which you treat people. Show me where I can be more loving and caring. Help me to see who I need to forgive and how I need to show them grace. Open up my heart to love people who are hard for me to love. I really need your help because loving people in Jesus' name is difficult.

Lord, I am concerned about symptoms that I am seeing of a diseased spirituality. I don't feel like praying as much as I should. I show signs of spiritual pride but know that I have very little to be proud of in myself. I am lazy in matters of faith and undisciplined with my thought life. I am critical of other people and have little tolerance for people who don't see eye to eye with me.

I'm more concerned about appearances than I am with the substance of faith. I realize that there is very little actual spiritual fruit being harvested from my life but I'm afraid to admit it. I need you to do a thorough examination of the places that I can't see and don't understand. Press down hard on the areas of my life that could be the core issues which need to be dealt with. I trust you to touch even the most tender areas of my life and bring me to health.

You have told me that it is your heart which has been transplanted within me through the power of salvation. All I know is that I am eternally grateful you died on the cross for me so I could live. Lord, let this heart beat strongly with your character and identity. May your life be revealed more and more in me as you peel back the old nature that still haunts me and masks your glory.

You are always gracious and gentle with me. You give me courage when I'm afraid and are careful to not overwhelm me with new disciplines and remedies beyond what I can handle. I know you are serious about dealing with the issues and concerns that you have revealed to me. Encourage me to follow through with the things I've promised to do. Teach me new ways to think and act so that I will be more like you – growing in love, diligent with responsibilities and grace filled with others.

I accept your word as truth and submit to your prescriptions for spiritual health. Take whatever anxiety I still have, any sin I still cling to, any sinful patterns that I still embrace and throw them out with the hazardous waste of the evil one. Let my life be filled with light, and my path be flat and straight as you have promised.

*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.¹*

Thank you for your love and your care for me. I pray this in the powerful, healing name of Jesus Christ, amen.

¹ Psalm 139:23,24



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