

31 DAYS OF
PRAYER

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31 Days of Prayer is a church-wide event to promote and elevate the importance of prayer in our daily rhythm. Throughout the month of October, we'll be engaging in the ancient practice of fixed-hour prayer as a way of developing our schedules around being with God. As a church, we're committing to pray each morning from the Psalms, stop in the middle of our busy days to pray through the Lord's prayer (Luke 11), and end our nights with the examen. We invite you to join us for 31 Days of Prayer beginning October 1!

MORNING:

PRAY A PSALM

NOON:

PRAY THE LORD'S PRAYER

EVENING:

PRAY THE EXAMEN

THE PRAYER OF EXAMEN

A form of prayer emerging in the sixteenth century from Ignatius of Loyola, the **prayer of examen** is the practice of recognizing instances of God's grace throughout our day. The examen is a practice for paying attention to our lives. During this nightly prayer, we discover how God has been present to us throughout the day, as well as examine the areas of our lives where we need healing. We reflect on the day having just ended.

I REPLAY

Replay the key events and emotions from your day, asking God to reveal His presence to you in those moments.

III REPENT

Recognize the moments where you veered off track. Were there words, thoughts, desires or actions that don't look like Jesus? Confess, receive His grace and ask for His spirit to empower you.

II RECALL

Thank God for the moments of joy within your day. Thank God for His presence and any blessings that come to mind, no matter how small.

IV RENEW

Considering tomorrow with hope, asking God for the strength and wisdom to walk the path of Jesus in the everyday moments of life.

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THE PRAYER OF EXAMEN I REPLAY

Replay the key events and emotions from your day, asking God to reveal His presence to you in those moments. A helpful way of exploring this is by examining key emotions you felt and thoughts you had throughout the past 24 hours.

Ask yourself:

What made me happy?

What made me angry?

What made me anxious?

What made me sad?

What made me scared?

When did I love or feel love?

What thoughts did I come back to again-and-again?

What did I obsess over?

What did I spend my money on?

What did I want to accomplish?

Why did I want to accomplish these things?

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THE PRAYER OF EXAMEN

II RECALL

Thank God for the moments of joy within your day. Thank God for His presence and any blessings that come to mind, no matter how small.

Ask yourself:

What brought me joy?

What moments am I grateful for?

What am I thankful for in the last 24 hours?

What action, mindset or rhythms should I try and repeat with intention?

Are there habits that made me more like Jesus today?

Are there habits that made me take notice of you God?

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THE PRAYER OF EXAMEN

III REPENT

Recognize the moments where you veered off track. Were there words, thoughts, desires or actions that don't look like Jesus?

Confess, receive His grace and ask for His spirit to empower you.

Ask yourself:

Was there a moment when I acted aggressively towards someone else?

Was there a moment where I might have lacked compassion for someone
or ignored a need?

Was there a moment where I recognized there is something you need to
stop doing because it's harming me or the people around me?

Are there habits that made me less like Jesus today?

Always remember that (a) God meets us where we are and that (b) for every three steps forward in our spiritual formation, we often take two steps back. Resist the temptation to feel shame but be prepared to be honest and real with God and yourself.

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THE PRAYER OF EXAMEN IV RENEW

Considering tomorrow with hope, asking God for the strength and wisdom to walk the path of Jesus in the everyday moments of life.

Ask yourself:

What are my plans for the next 24 hours?

What are my hopes?

What are my concerns?

What is God calling me to do tomorrow?

Where do I need to be especially aware of God's presence?

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