

Evening Prayer: EXAMEN

- 1. Replay:** Ask the Holy Spirit to help you as you replay the day in your head. Notice what you are noticing. What made you happy? What made you anxious? What made you angry?
- 2. Rejoice:** Thank God for those things which are obvious. But also thank Him for non-obvious things which we sometimes forget - random acts of kindness, being healthy, a positive song or meal. Relish and savour these moments in gratitude to God.
- 3. Repent:** Say sorry to God for moments that come to into your mind as you review the day e.g., getting involved in gossip, reacting with a tone that was aggressive, lacking compassion in a situation, ignoring a need, not responding to a nudge. Receive His forgiveness afresh.
- 4. Reboot:** Make a decision in your heart to live for Jesus tomorrow and ask for grace to see His presence more clearly.

The Examen can take five minutes or one hour. If you do it once - it will be useful - if you do it every day, it can bring transformation.

Be careful (as with any prayer tool) that it doesn't become simply another duty. Think of it as a way to dialogue with God in friendship – holding the practice in context of relationship.

**Join in with the 10
days of prayer**



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MORNING* MIDDAY* EVENING



Wouldn't it be great, if for the next 10 days, we choose together to pray 3 times a day. For God's Kingdom to come, as we join in with churches around the world. We have brought together some resources for you to try. But please feel free to pray the way you want to.

Start by **Pause-ing** for a couple of minutes, maybe hold a mug of your hot beverage of choice. Set a timer if you need to.

Then **welcome** the Holy Spirit, you could say:
“Come Holy Spirit, help me to be aware of your presence today and to be willing to listen to your leading & guiding.”

Then **read & reflect** on a passage from the Bible (you could use the Daily Readings from Lectio 365 or the Daily Prayer Apps) or another reading plan. **Dwell** with the passage. Then re read it.

Ask yourself some questions:

What does it say about God?
What does it say about me?
What should I do in response?
Who should I share it with?

Let these questions help you form prayers: Who is on your heart? + What’s happening today? + A situation in the world?
+Who do you know who needs Jesus?

[Pause]

Then **Yield** by asking Lord what would you have me do today? Why not write it down? And pray this prayer from Lectio 365:

Father, help me to live this day to the full,
being true to You, in every way.
Jesus, help me to give myself away to others,
being kind to everyone I meet,
Spirit, help me to love the lost,
proclaiming Christ in all I do and say. AMEN

Midday Prayer

Why not set an alarm at noon everyday? Pray for Nakita & our Young People & choose 5 people you’d love to come to know Jesus.

Pray the Lord’s prayer.
Use it as a breath prayer.
Breathe in, then say a line breathing out.
Then breathe in again and say the next line, breathing out.
Don’t rush, slow down.
As you pray you may feel stirred about a particular line, or person, or situation, pay attention to that.

Our Father
Who art in Heaven
Hallowed be Your name
Your kingdom come
Your will be done
On earth as it is in heaven
Forgive us our sins
As we forgive those
who sin against us
Lead us not into temptation
but deliver us from evil
For yours is the Kingdom
The power and
the Glory
Forever AMEN

