

OPENING PRAYER*A responsive reading from Psalm 27*

1 The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?

2 When evildoers assail me to devour my flesh — my adversaries and foes— they shall stumble and fall.

3 Though an army encamp against me, my heart shall not fear; though war rise up against me, yet I will be confident.

4 One thing I asked of the Lord, that will I seek after; to live in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in his temple.

5 For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will set me high on a rock.

6 Now my head is lifted up above my enemies all around me, and I will offer in his tent, sacrifices with shouts of joy, I will sing and make melody to the Lord.

7 Hear, O Lord, when I cry aloud, be gracious to me and answer me!

8 “Come,” my heart says, “seek his face!” Your face, Lord, do I seek.

9 Do not hide your face from me. Do not turn your servant away in anger, you who have been my help. Do not cast me off, do not forsake me, O God of my salvation!

10 If my father and mother forsake me, the Lord will take me up.

11 Teach me your way, O Lord, and lead me on a level path because of my enemies.

12 Do not give me up to the will of my adversaries, for false witness have risen against me, and they are breathing out violence.

13 I believe that I shall see the goodness of the Lord in the land of the living.

14 Wait for the Lord; be strong and let your heart take courage; wait for for the Lord! Amen.

Loving God, we ask for your blessing upon this gathering. Knowing that we bring the joys and sorrows of our lives with us. We come as we are, wherever we are, with a simple desire to be with you.

A moment of silence to acknowledge the joys and the sorrows you carry with you tonight. Use the white space below to write down one word that describes how you are coming to this time.

Gracious God, we trust that you are with us. We wait for you, and we long to see your goodness and mercy. Holy Spirit, we open our hearts and our minds to hear what you have to say to us now. Lead and guide us and have your way in our lives during this hour.

Come Holy Spirit,
Amen

SPIRITUAL FORMATION

What:

Why:

How:

SPIRITUAL PRACTICE

The Examen: A Daily Prayer

1) What am I especially grateful for today?

2) What were the highlights of the day? When was I at my best?

3) What caused unrest in me today?

4) In light of my review, what is God saying to me?

5) What do I want to do differently tomorrow?

CLOSING PRAYER

The Lord's Prayer

Our Father who art in heaven,
Hallowed be thy Name.
Thy kingdom come.
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
As we forgive those who trespass against us.
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
and the power,
and the glory,
for ever and ever.
Amen.

FURTHER FORMATION

Practice the Examen daily for the next 30 days.

READING AND RESOURCES

A Simple Life-Changing Prayer: Discovering the Power of St. Ignatius Loyola's Examen by Jim Manney

You are What you Love: The Spiritual Power of Habit by James K.A. Smith

Sacred Rhythms by Ruth Haley Barton

Liturgy of the Ordinary: Sacred Practices in Everyday Life by Tish Harrison Warren

The Ruthless Elimination of Hurry by John Mark Comer

Every Moment Holy, Vol. 1 by Doug McKelvey