

October Week 2-- On Your Feet Prayer Instructions for Examen and Responsive Prayer

Examen

What They Are

Examens are times of asking the Lord to help you see how He has been present in your life, to help you see where sin has been present in your life, and to help you hear anything the Holy Spirit wishes to communicate.

How To Do Them

1. Set aside 8-15 minutes for an examen.
2. Ask the Lord to lead you through this prayer time.
3. Sit in silence for 30-60 seconds.
4. Ask the Lord to show you how he has been present and moving in your life over the past day. Mentally review the past day. Linger on important moments. See what the Holy Spirit shows concerning His presence in your life.
5. Ask the Lord where sin has been in your life the past day. See what the Holy Spirit shows.
6. Talk to God about what he has shown you in this time.

Responsive Prayers

What They Are

Responsive Prayers are prayers initiated and guided by the day by day things of life. A mother dressing her child in the morning might pray, "Lord, clothe my son in the righteousness of Christ through faith." A man filling his car might pray, "Lord, as my car fills with gas, fill my heart afresh with your love." A couple going to sleep at night might pray, "Father, as we pull up our blankets to warm ourselves, lead us to warm our souls with Your good promises."

How To Do Them

1. In the morning, ask the Lord to use your day to show you how to pray.
2. As you go about your day, use the activities and events of the physical world as catalysts and guides for offering prayers to God the Father.
3. At the end of the day, consider if there was a common theme to the prayers God lead you to pray.

** For additional ways to practice examen, see Mark E. Thibodeaux's Reimagining the Ignatian Examen.

October Week 2 – On Your Feet Prayer Prayers to pray while you move through your day

Mon | Examen & Prayer

Tues | Responsive Prayer – Focus on praying in response as you eat and drink today

Wed | Examen & Prayer

Thurs | Responsive Prayer – Focus on praying in response to your work and/or school today

Fri | Examen & Prayer

Sat | Responsive Prayer – Focus on praying in response as you play today

