



Being a Safe Harbor: How Churches Can Be a Space of Wholeness & Healing

Elizabeth Forshee, spiritual director and MA Spiritual Formation, Global Trellis

Prayer of Examen

A reflection on the day, week, or month.

1. **Become aware of God's presence.**

Say a simple prayer to begin. Notice how God is with you. Be still in silence for a moment. Focus on your breathing, or how your body feels in this moment, let go of your to-do list, and ask for the grace to be with God in prayer.

2. **Review the day with gratitude.**

Now recall your day, week, or month. Remember all the activities, thoughts, jobs, and rhythms that you experienced. Look for moments where you felt God's kindness, grace, a joyful moment, provision, or delight. Spend time thanking God for being with you in your life. Give thanks for people who touched your life.

3. **Pay attention to your emotions.**

As you review this time, notice what emotions you experienced this day, week, or month. Who/What made you joyful, irritated, angry, prideful, laugh, pause, stressed, or excited? Where did you feel drawn closer to God, or most yourself? Where did you feel distant from God, and least yourself? Bring all your emotions to God.

4. **Choose one feature of the day and pray from it.**

Choose one of those moments that stands out to you the most. A moment you think God wants you to sit with in prayer and notice. Is it a moment where you need confession of sin, repentance, and reconciliation? If so, ask God for grace to seek restoration and forgiveness. Is it a moment of joy where you felt nearer to God? If so, what invitation does God have for you in this joy, and how does he want to celebrate with you or others? Pray how the Spirit leads you.

5. **Look toward tomorrow.**

Notice the hope God gives you to face tomorrow. How does God want you to respond tomorrow? Do you need to make amends? Do you need to live more freely? What does God have for you that brings faith, hope, love, and joy?

End your prayer time with the Lord's Prayer or a simple prayer of gratitude.