

Prayer

Option 1: Examen

- 1) Become aware of God's presence
 - a) Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.
- 2) Review the day with gratitude
 - a) Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures.
- 3) Pay attention to your emotions
 - a) Reflect on the feelings you experienced during the day. Boredom? Joy? Resentment? Compassion? Anger? What is God saying through these feelings?
- 4) Choose one feature from the day and pray from it
 - a) Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It may involve a feeling—positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it.
- 5) Look forward to tomorrow
 - a) Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Allow these feelings to turn into prayer. Seek God's guidance. Ask him for help and understanding. Pray for hope.

Option 2: Simple Prayer

- 1) Sit in the presence of God and let your thoughts quiet down (as your thoughts pop into your mind, let yourself think it, and then hand it over to Jesus).
- 2) Pray a prayer surrendering your thoughts and time to God
- 3) Pray whatever is on your heart (confession, thanksgiving, praise, needs, doubts)

Option 3: Meditating on Scripture

Read through a passage of Scripture repeatedly. Pause in between each time you read it. Use that time to reflect on the passage, think about it, and ask God what He is trying to speak to you through it, then talk to Him about it.

Possible Scripture Passages: Luke 10:38-42 (Mary and Martha), Matthew 6:25-34 (Don't worry/lilies of the field), Matthew 5:14-16 (you are the light of the world), 1 Corinthians 13:4-8 (love is patient...), Psalm 23 (the Lord is my Shepherd).