

The Daily Examen

By Pastor Rev. Jennifer Wagar, Barrie Free Methodist Church

This daily prayer, invites Jesus to meet with you to dialogue about your day... the blessings and joys, the frustrations and flounders, the wins and the sins. In His grace and love, you will see God's daily blessings, areas of growth and willfully decide to be intentional about doing better tomorrow, committing each day to walk closer to Jesus.

Step 1: Rest.

Find a quiet place.

Scripture: *Psalm 46:10 – Be still and know that I am God.*

Pray: Father, You are welcome here... I know I that You love and care for me and You showed up in lots of places that I may not be aware of today... In this time ... protect it... may I be willing to hear Your voice and respond to Your goodness AND kind discipline!

Step 2: Rejoice.

Make a list of things that made you smile, made other people smile... brought joy and warmth to your heart? What are you thankful for? I have learned that it is often the simple things that I forget to rejoice in... HOT coffee, a bird's song, an encouraging text, a windy day, the kind cashier. These are all blessings. Don't move on from this step until you find at least three joys! Then pause and thank God for those moments! You will come to see God's hand in the smallest things and in return you will experience how deep His love is for you!

Scripture: *Philippians 4:4 – Rejoice in The Lord always, I will say it again – REJOICE!*

Pray: *Thank you Lord for the many moments of joy that You gave me today!*

Step 3: Reflect.

What is on your mind? What's troubling you? What was challenging? What or who did you avoid? Why? Did someone offend you? Did you offend someone? Do you need to forgive someone or ask for forgiveness? What sins of commission or omission did you commit today? Why are you sad? Depressed? Why am you feeling so lazy and lethargic? Where did you respond in fear or retaliate? Lay these thoughts before the Lord and ask Him what He thinks. Listen for scripture verses or promptings from the Holy Spirit. As you spend time with the Lord, you will come to discern the voice of the Lord (often quiet, but convicting and true but full of love that draws you closer to Him) verses Satan's (condemning, full of shame and guilt). After you're finished talking... pause and see if God brings anything up that you overlooked ☺

Pray this Scripture: *Psalm 139:24-25 - Search me, O God, and know my heart; test me and know my anxious thoughts. ²⁴See if there is any offensive way in me, and lead me in the way everlasting.*

Step 4: Resolve

Take what the Lord has revealed to you and follow it through... confess, forgive, make amends, receive truth where lies have been believed, ask for help to make better choices, for courage to

overcome the fear, for strength to carry on. Share with a prayer partner if there's something that you might need help with.

Scripture: *James: 5:16 - Confess your sins to each other and pray for each other so that you may be healed.*

Pray: Father, I resolve with YOUR help to do better tomorrow. Thank you for the hope of a new day!

Step 5: Rely on God

Believe that God has heard your prayer... and still loves you. He will help you grow in these things because you asked and because He loves you.

Scripture: *Romans 8:38-39 - For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

Pray: Thank you Father for Your love, Your forgiveness, Your presence and Your help.