

A1 | Awaken to God's Presence: Finding Calm in the Storm | The Prayer of Examen
Project Zion Podcast

Joelle Wight

A gift of peace in the midst of troubling times, Projects Zion Podcast offers this series of guided practices to help you connect with the Divine no matter where you are or what's going on around you. Take a deep breath and allow your spirit to find calm in the storm of life.

Katie Harmon-McLaughlin

Hi, this is Katie Harmon-McLaughlin with Community of Christ Spiritually Formation Ministries. Today we're going to explore in practice the Prayer of Examen. The Prayer of Examen comes to us from Ignatian Spirituality and is a way of searching our memories for God's presence in all things. It is a prayer that awakens us to the spirit in every condition of life, wherever we are. Whatever we are experiencing, God is already present whether life is joyful or challenging. Whether we are anxious or calm, feeling lonely, or connected. It is in God's presence that we live, move and have our very being. Let's enter a time of prayer together now.

Katie Harmon-McLaughlin

First, take a few moments to draw your attention to your breath, the divine source of your life that daily sustains you. Gently noticed each breath in in each breath out, letting your breath deepen and draw you into a time of prayer.

Katie Harmon-McLaughlin

Try to see yourself for a few moments through God's gaze of unconditional love and grace. Trusting that every encounter and moment of your day is held in the Spirit of love. And silently asked for the Holy Spirits, light and wisdom as you search your memories for God in all things.

Katie Harmon-McLaughlin

I invite you to begin recalling memories from your previous day or week, noticing at first what naturally emerges for you in a time of silent reflection, Let yourself spend a few moments simply remembering where you have been, what you have done, the interactions that you've had with others or the quality of your moments of aloneness. Notice what comes to mind the simple and mundane and also the extraordinary.

Katie Harmon-McLaughlin

As you search your memories, ask yourself for what fave I been most grateful? When was I most present to God or aware of God's activity within and around me? For what have I been most grateful? When have I been most present to God or aware of God's activity within or around me.

Katie Harmon-McLaughlin

Continuing to search your memories notice when you have felt most disconnected from God, others creation or even your truest self, what in her movements, attitudes or actions felt out of

alignment with the divine invitation to wholeness and peace? In these moments of silent reflection, what does the Spirit gently invite you to see?

Katie Harmon-McLaughlin

Next notice what has remained with you most strongly from your previous day or week an insight? A feeling? A memory? A conversation. Take a few moments. To hold whatever emerges in prayer. Perhaps it is something that takes up space in you, something that weighs heavily within or with significance within. What has remained with you most strongly from your previous day or week that you are invited to hold for a few moments in prayer.

Katie Harmon-McLaughlin

And finally conclude your time of prayer by seeking God's invitation for the day or week ahead. Where is the spirit inviting your focus of time, energy or attention? What most wants to move with you from this time a prayer? How might this discerning posture impact your daily life, interactions and activities? Notice for a few moments, or perhaps even imagine what might be unfolding for you in the next several hours or days? How is it that God in all things seeking to be revealed in life as it is?

Katie Harmon-McLaughlin

Draw your attention again to your breath. Notice each breath in and each breath out. Breathing in the presence of the one who is the source of our lives. May this time of prayer awaken us and deepen in us a response to God's perpetual invitation to wholeness, justice and peace for our own lives, communities and all of creation. Amen.