

Union Center's Nightly Reflection

May 24th – June 13th

“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.” -John 13:34-35 NIV

The Prayer of Reflection/Daily Examen¹ provides an opportunity to pause at the end of our day to consider what we are feeling – both positive and negative – and to pray about it. The *Daily Examen* is meant to be short, about 10 minutes for all 5 steps.

Some fruits of this practice:

- Developing more discernment and receptivity to God's presence and voice
- Keeping company with God throughout all the highs and lows of the day
- Recognizing God's presence in our real, day-to-day experiences
- Fostering gratitude & increasing freedom

Step 1: Prepare yourself by quietly focusing your attention on God.

In God we live and move and have our being. Acts 17:2

Step 2: Review your day with thankfulness and a spirit of reconciliation.

When the Spirit of Truth comes he will guide you into all truth. John 16:13

Step 3: When did you live out of love and freedom in Christ?

Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence or if there is anything worthy of praise, think about these things. Philippians 4:8

Step 4: When did you not live out of the love and freedom in Christ?

Let us test and examine our ways and return to the Lord. Lamentations 3:40

Step 5: Thank God for what is happening through this exercise and ask for guidance and grace for tomorrow.

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen. Ephesians 3:20

¹ This Prayer of Examen is adapted from Mary Darling's *The God of Intimacy and Action* (co-authored with Tony Campolo) & Adele Calhoun's book *Spiritual Disciplines Handbook*.