

Examen

Spiritual Practices

Not ends but means to an end
Not only a tool for our wellness

A mean to grow in intimacy with God
We don't seek to master a practice but to be mastered by the Holy Spirit
through our practices

Awareness - stillness - noticing - response

Examen

“The examen makes us aware of moments that at first we might easily pass by as insignificant, moments that ultimately can give direction for our lives.”

- Dennis Lin

Examen

It helps you discern the presence of God during your day.

It helps you deepen the awareness of God everywhere.

It helps you foster your desire for intimacy with God.

Awareness - discernment - intimacy - gratitude

Examen

Intentionally come to God's presence.

Ask the help of the Holy Spirit to see.

Consider your consolations.

Consider your desolations.

Respond to God.

And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding - Col 1:9

Search me, O God, and know my heart!

Try me and know my thoughts!

*And see if there be any grievous way in me,
and lead me in the way everlasting! - Psalm 139:23-24*

The Challenges of the Examen

The challenge of the intentionality and posture

The challenge of celebration

The challenge of lament

The challenge of overcoming our coping mechanisms (suppression, repression, escape, medication, numbing, work/performance, dismissal, denial, minimization, disconnection, withdrawal, analyzing, attacking, blaming, projecting, self-pity, self-harming, etc.)

Celebration and lament are necessary for a healthy soul

Lament

“Lament is what happens when people ask, “Why?” and don’t get an answer.” – N. T. Wright

