

A Call to "Examen" Our Soul

The Examen – A Way to Examine our Soul

The purpose of the **Examen** is to notice where and how God has revealed himself during the busyness of our day.

"Examine yourselves to see whether you are in the faith; test yourselves" (2 Corinthians 13: 5, NIV)

This spiritual practice attempts to focus our attention on how God is present in **day-to-day events** – how does The Spirit witness to our spirit?

"The human spirit is the lamp of the Lord that sheds light on one's inmost being" (Proverbs 20: 27, NIV, cf. NKJV, ESV, NASB).

By **reflecting on scripture** and asking ourselves a series of questions, if we are open to the work of the **Holy Spirit**, the Examen can help us **recognize** the things in our life that are **life giving** or **life draining**. Therefore, the process of the Examen is a way of reflecting on **what God is trying to say** to us through our daily interactions with others.

"Let us examine our ways and test them, and let us return to the Lord" (Lamentations 3: 40, NIV).

Practicing the Examen

- **At the end of your day:**

Spend time in a quiet place where you can reflect on the events of your day, a safe place where you feel secure.

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Try lighting a candle, sit by the fire or on a comfortable chair, or somewhere pleasant and you feel relaxed.

- **Read and reflect on scripture;** Psalm 139 noting it's concluding verses as your prayer:
"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting" (Psalm 139: 23-24, NIV).
- **Reflect on your daily encounters and activities:**
 - When did you sense God's comfort, peace and consolation?
 - When did you feel empty or isolated from God's love?
 - Were you motivated by God's love or something else?
- **If you are uncertain about how you responded** to others or situations during your day, try reading the following:
1 Corinthians 13: 1-13; Colossians 3: 1-17; 1 John 1: 8-9 or Romans 14: 12.
- **Consider the following:**
 - ❖ Where was God revealed in that moment?
 - ❖ Is there something I need to confess?
 - ❖ In silence, how is God convicting you to respond?
 - ❖ What are you thankful for? Challenged by?
- **Spend time in prayer** giving thanks for what God has done and how Christ is stirring you to respond.
- Journal your insights for future reflection and deeper insights into what the Lord may be revealing!

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