

PRAYER OF EXAMEN

TO SENSITIZE OUR HEARTS



The Prayer of Examen is a spiritual practice of reviewing our hearts in light of God's will, and it involves asking the Spirit of God to affirm, convict, comfort, or reveal things about us. It is often prayed in the evening, as a reflection on the day's experiences and one's spiritual posture toward them. If you've never done this practice before, here are some questions and activities for you to consider.

Psalm 51:10-12 says,
Create in me a pure heart, O God,
and renew a steadfast spirit within me.
Do not cast me from your presence
or take your Holy Spirit from me.
Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.

- What do you think the writer means when he prays, "Renew a steadfast spirit within me"?
- When you're in a funk (discouraged, anxious, or uncertain), are you more likely to just wait for it to pass or to do something to change your circumstances?
- How might you become more sensitive to God's Spirit?

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SMALL-BATCH DISCIPLEMAKING

A RHYTHM FOR TRAINING THE FEW TO REACH THE MANY
by **DAVID SUNDE**



PRAYER OF EXAMEN

TO SENSITIZE OUR HEARTS, CONT'D



This week, start a “kairos journal” while you apply the rhythm of renewal.

Record instances where you felt God speak or felt that something more was going on. It could be positive or negative events, and God might have spoken in either small or dramatic ways. You might write daily or weekly. The point is to be attentive.

Examine and respond to experiences where you think something is meant to be learned, confessed, celebrated, or shared. As you learn to become aware of God’s presence and the Holy Spirit’s role in sensitizing your heart, take the time to write down moments when you sensed God was at work.

The critical question to ask yourself when you sense God is: Is there something I’m supposed to turn from and/or turn to?

Memorize Psalm 139:23-24:

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.

Begin praying this verse in still and quiet moments. Praying this verse (or one like it) is a simple way to practice the Examen.

Jot down the words, attitudes, conversations, or faces that come to mind as you pray the Prayer of Examen.

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