

THRIVE TEAM INTRODUCES THE IGNATIAN “DAILY EXAMEN”

Our church has been participating in a Marquette University program called “The Examen(ed) Church”. In January a “Thrive Team” was created to receive instruction and training in spiritual reflection and discernment. One of the “new” prayer/spiritual reflection practices that was introduced was Ignatius Loyola’s “Daily Examen”. So, it was “new” to many of us, but has been used by Christians for over 500 years. The “Thrive Team” has found it a helpful model for daily prayer and wants to invite others to give it a try. It is simple, but used regularly the results can be profound!

The Daily Examen

The Examen is a method for reviewing your day in the presence of God. It’s actually an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life. It has five steps, which most people take more or less in order, and it usually takes 15 to 20 minutes per day. Here it is in a nutshell:

1. Pray for light. Ask God to bring clarity and understanding as you review your day.
2. Review the day in thanksgiving. Walk through the past 24 hours from hour to hour, from place to place, task to task, person to person, thanking God for every gift you encounter.
3. Review the feelings of the day. Pay attention to any feelings that surfaced during the day. Spend a moment recalling the whole range of feelings you experienced during the day.
4. Choose one feeling of the day and pray from it. Ask God to direct you to something during the day that is particularly important. Look at it. Pray about it as you attend to the source of the feeling.
5. Look toward tomorrow. Ask God to give you light for tomorrow’s challenges. Pay attention to the feelings that surface as you survey what is coming up.

That’s it! Hope you find it an interesting and spiritually rewarding additional prayer method for you to use on your faith journey. There will be more updates from the Thrive Team in the months ahead.



AN EASY WAY TO MAKE AN IMPACT - EMPLOYER CONTRIBUTIONS

Recently, one of our members was able to secure a volunteer grant/financial donation to the church based on the number of hours spent volunteering here at First Congregational Church. If you work for a larger company, you may want to check into their matching gifts and/or volunteer support programs and see what type of support is available. Check with your HR/Benefits area to see if you are eligible for any non-profit financial support. Thank you!