

Listening

The church celebrates Pentecost this Sunday. Our current location in the liturgical calendar is about the same place that we ended today's teaching; in a post-Emmaus, pre-Pentecost time. At the end of Luke, in the same chapter as the Emmaus narrative, Jesus tells His disciples, "I am going to send you what my Father has promised; but stay in the city until you have been clothed with power from on high."

I imagine as the disciples waited in Jerusalem "stay(ing) continually at the temple, praising God" (Luke 24:53), there was a mixture of thoughts and feelings. Take a moment to enter into the excitement and curious expectation of the disciples who just experienced the resurrection.

Ask the Holy Spirit which filled the disciples and made plain the gospel of Jesus to people from many nations at Pentecost to offer you revelation today.

Put away all electronics (put phone on airplane mode if you want to use it as a timer) and select some writing implement and paper (your regular journal will do fine if you have one).

This day's activity is the Examen prayer. The Examen is meant to be more than just a reflective activity, but an opportunity to view each moment of your life with the eyes of Christ. The Examen is meant to be an intentional invitation for the Holy Spirit to bring revelation to your moments of consolation and desolation that might be for your healing, sanctification, and outward praise.

This Examen will focus on the past semester up to this point. Follow the steps below. Use the minutes suggested only if it is useful. Linger where feels appropriate.

Introduction (1 minutes): Take a moment to become aware of the love with which God looks upon me as I begin this examen.

Gratitude (3 minutes): Remember some of the blessings of the past few months. Thank God for the good things that have happened, and all of the gifts that you have received. Write them down.

Discernment: Review your semester with the Father and ask Him to help you realize when you were with God (consolation) and when you were moving away from God's love (desolation). The purpose is not to look back at our day and judge ourselves if what we did is good or bad, but to share it with God, our best friend, our most intimate companion. And it is in sharing experiences with God, in reviewing it with His loving attention, we begin to see a greater clarity.

Desolation (8 minutes). Call to mind a few instances when you were distant from God. What moments of resentment, selfishness, doubt or fear does the Spirit want to reveal to you? Ask the Spirit to reveal what expectations, hurts or sins are at the root of those moments. Submit that to Jesus.

Consolation (8 minutes). Call to mind a few instances when you were moving towards God and His active presence in the world. What moments of joy, intimacy, purpose, love, or benevolence does the Spirit want to reveal to you? Rejoice in those moments and ask for Him to continue to make you holy.

Forgiveness (3 minutes). Take a moment to call to mind your sins in the presence of the Father who loves you unconditionally, admit anything you are sorry for and experience His mercy.

Conclusion: Take a moment to enjoy this time with God.

Closing Prayer: God who was present in the days between the resurrection and the outpouring of the Spirit, give me faith in unknown and unexpected times. May I believe your Spirit is at work, accomplishing all things for Your glory and our good. I believe, help my unbelief. Give me faith that your Spirit has and will continue to be at work in our lives, fellowships, InterVarsity camps and campuses, and world. I thank you for this time with you and now begin to look forward with hopeful and joyful anticipation, knowing that God is with us in all that we do and we can truly find God in all things.