

## AWARENESS EXAMEN - Ruth Brown

Paying attention to God in your daily life is foundational to healthy spiritual formation. With God's help, this exercise can help you grow in love with God and notice how God is interacting with you moment by moment.

*"So here's what I want you to do, God helping you. Take your everyday, ordinary life - your sleeping, eating, going-to-work, and walking around life - and place it before God as an offering. Embracing what God does for you is the best thing you can do for him." Romans 12:1 the Message*

Imagine sitting beside Jesus / your heavenly Father / Shepherd and looking back over your life and ministry. Let the Holy Spirit bring to your mind events, people, places, feelings, activities of the last few weeks or months.

### Ask:

Where did you notice God with you? What helped make his presence clear to you? What is God like to you in those times? What scripture has been significant to you? Give thanks.

Where did God seem absent to you? What contributed to this sense of his absence? Ask his help to be honest with your feelings. What may he be inviting you to notice? to confess? How does God want to comfort you?



*Katherine Brown*

Is there some area of growth or movement from being stuck to more freedom within you that you notice? Where is God inviting you to work with him to move from bondage to freedom? Pray the examen with this theme in mind for a few weeks to notice how God is committed to helping you.

*The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside still waters; He restores my soul. Psalm 23: 1-3*

