



CHRIST CHURCH

ADVENT PRAYER GUIDE 2010

ADVENT & THE PRAYER OF EXAMEN

The various seasons of the year and the Christian calendar give us the opportunity to switch gears, re-center and by stepping out of the ordinary rhythms of life, see freshly what God has done, is doing and desires to do in our lives.

This daily Advent guide is based on the Prayer of Examen, an ancient contemplative practice credited to St. Ignatius of Loyola (1491-1556). At the center of this practice is becoming aware of God's presence and the work of the Holy Spirit throughout your day.

As you walk thru the questions, prayers and scriptures here, may you become more and more aware of God's presence in your life, and may you begin to see the ordinary moments in your day as opportunities to follow God more closely, love and worship God more passionately and obey him more fully.

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HOW TO USE THIS PRAYER GUIDE

The Prayer of Examen is an exercise in remembering and noticing. You are invited, through four movements (presence, gratitude, review and response), to concentrate on the experiences and encounters of the past 24 hours and to make note of God's fingerprints.

To best engage this, find a quiet spot, free from distraction. Daily Scriptures (taken from the Daily Lectionary in the Book of Common Prayer) are given each week — do as many as you can, giving yourself grace when it doesn't happen for the day.

Pray through the four movements each day (spending more or less time on each section as you need), reading the suggested daily Scripture and journaling as much or as little as you feel. Share your experiences at Sunday gatherings and Friday meals, and help encourage others (and be encouraged) by the movement and work of God in your life and the life of those in this community.

DAILY SCRIPTURE READING

Week One | Sun Nov 28: Isa. 1:1-9; 2 Pet. 3:1-10; Matt. 25:1-13

Monday Nov 29: Isa. 1:10-20 1 Thess. 1:1-10 Luke 20:1-8	Wednesday Dec 1: Isa. 2:1-11 1 Thess. 2:13-20 Luke 20:19-26	Friday Dec 3: Isa. 3:8-15 1 Thess. 4:1-12 Luke 20:41-21:4
Tuesday Nov 30: Isa. 1:21-31 1 Thess. 2:1-12 Luke 20:9-18	Thursday Dec 2: Isa. 2:12-22 1 Thess. 3:1-13 Luke 20:27-40	Saturday Dec 4: Isa. 4:2-6 1 Thess. 4:13-18 Luke 21:5-19

Week Two | Sun Dec 5: Isa. 5:1-7; 2 Pet. 3:11-18; Luke 7:28-35

Monday Dec 6: Isa. 5:8-12, 18-23 1 Thess. 5:1-11 Luke 21:20-28	Wednesday Dec 8: Isa. 6:1-13 2 Thess. 1:1-12 John 7:53-8:11	Friday Dec 10: Isa. 7:10-25 2 Thess. 2:13-3:5 Luke 22:14-30
Tuesday Dec 7: Isa. 5:13-17, 24-25 1 Thess. 5:12-28 Luke 21:29-38	Thursday Dec 9: Isa. 7:1-9 2 Thess. 2:1-12 Luke 22:1-13	Saturday Dec 11: Isa. 8:1-15 2 Thess. 3:6-18 Luke 22:31-38

Week Three | Sun Dec 12: Isa. 13:6-13; Heb. 12:18-29; John 3:22-30

Monday Dec 13: Isa. 8:16-9:1 2 Pet. 1:1-11 Luke 22:39-53	Wednesday Dec 15: Isa. 9:8-17 2 Pet. 2:1-10a Mark 1:1-8	Friday Dec 17: Isa. 10:5-19 2 Pet. 2:17-22 Matt. 11:2-15
Tuesday Dec 14: Isa. 9:1-7 2 Pet. 1:12-21 Luke 22:54-69	Thursday Dec 16: Isa. 9:18-10:4 2 Pet. 2:10b-16 Matt. 3:1-12	Saturday Dec 18: Isa. 10:20-27 Jude 17-25 Luke 3:1-9

Week Four | Sun Dec 19: Isa. 42:1-12; Eph. 6:10-20; John 3:16-21

Monday Dec 20: Isa. 11:1-9 Rev. 20:1-10 John 5:30-47	Wednesday Dec 22: Isa. 28:9-22 Rev. 21:9-21 Luke 1:26-38	Friday Dec 24: Isa. 35:1-10 Rev. 22:12-17, 21 Luke 1:67-80
Tuesday Dec 21: Isa. 11:10-16 Rev. 20:11-21:8 Luke 1:5-25	Thursday Dec 23: Isa. 29:13-24 Rev. 21:22-22:5 Luke 1:39-56	Saturday Dec 25: Zech. 2:10-13 1 John 4:7-16 John 3:31-36

DAILY EXAMEN: 4 MOVEMENTS

MOVEMENT 1: PRESENCE

Begin by quieting yourself and by recognizing the presence of God. Remind yourself of God's presence with you right now. Ask the Holy Spirit to help you be attentive to what God wants to say to you. Center yourself on the knowledge that God is near, that God cares about you, that God wants to speak to you. Let that knowledge calm you and replace the cares and worries of the previous days. Take as much time as you need here.

MOVEMENT 2: GRATITUDE

Meister Eckhart said, "If the only prayer you say in your entire life is 'Thank You,' that would suffice." Think through the previous 24 hours. What has God given you to be thankful for? Focus on the experiences and good gifts God has brought to you, and become mindful of the goodness and generosity of God. Write down what occurs to you during this time and read back over the previous days' lists, remembering again what you'd forgotten of God's goodness.

MOVEMENT 3: REVIEW

No doubt the previous day has also included challenges, difficult interactions, things which have puzzled you and even some failures and misunderstandings. Take stock. Don't dwell on the negative emotions surrounding these things, but take note of what it was that made you angry or frustrated. Ask God to bring to your mind those things which would be helpful for you to notice. When those things appear in your mind, ask the Holy Spirit what He'd like to teach you or what He'd like to do in that area.

MOVEMENT 4: RESPONSE

Dwelling on the goodness of God, and listening to the Holy Spirit should lead to some response on our part. Take some time to pray, perhaps writing out your prayers, expressing your thoughts on the experiences, attitudes, feelings and interactions you've remembered. You might need to seek forgiveness, ask for direction, share a concern, express gratitude or resolve to make changes and move forward. Ask God to guide your responses.