

2024

PENTECOST PRAYER WEEK

HOW TO PRAY AT THE END OF THE DAY (PRAYER OF EXAMEN)

You have searched me, Lord, and you know me. - *Psalm 139:1, NRSVUE*

INSTRUCTIONS:

- 1) Find a space to relax and to take some deep breaths.
- 2) **REJOICE:** First, enter into God's presence with gratitude. Allow God to bring to mind high points of your day. Thank God for where He was at work today.
- 3) **REFLECT:** As you are remembering your day, begin to ask God to give you insight into where He was present. Ask yourself, when did God feel close? When did God feel distant?
- 4) **REPENT:** Is there any way that you have willingly walked away from God today? If you have, spend some time asking for God's forgiveness and grace.
- 5) **REORIENT:** Ask for God's help as you sleep, and to walk more closely with Him in the morning. Pray from Psalm 4:8: "In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety" (*NRSVUE*).

Inspired by How to Pray by Pete Greig and 24-7 Prayer (24-7prayers.com).