



## UMin Spiritual Rhythm of Examen

### *An Invitation for Our SPU Community*

Week 7 - October 25-29, 2021

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## Examen | Life with God and Others

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At the invitation of President Menjares, University Ministries is inviting our SPU community to join together in presence and in prayer individually and in groups. You can use this as a guide in your own personal time or as you have meetings and times of connection and fellowship. Sometimes it's just a grace and good for our souls to slow down, pay attention, bring our hearts, minds, bodies, our whole persons to God either alone or with others.

Praying the Daily Examen is a prayer practice that comes through the Ignatian tradition. St. Ignatius of Loyola (1491-1556) describes this method of prayer in *The Spiritual Exercises*. Sometimes referred to as Examination of Consciousness, it is when a person reflects on a specific period of time paying attention to when they recognized God's presence, and when they did not. Many people practice this prayer daily at noon and day's end, but it can also be prayed reflecting on an hour, day, or week. In addition, it can be a reflection on an event or experience.

We invite you to practice Ignatian Spirituality with us using these five steps for the Examen: 1) become aware of God's presence, 2) review the day with gratitude, 3) pay attention to your emotions, 4) choose one feature of the day and pray from it, and 5) look toward tomorrow. <https://www.ignatianspirituality.com/ignatian-prayer/the-examen/>

You are invited to engage with an adapted version from *Creating a Life with God* by Daniel Wolpert's.

1. Choose a period of time to examine in prayer. Right now, there is much going on on campus. You may want to choose the past year or even just this quarter and engage in some honest prayer with God.
2. Allow your mind to wander through that time. Some questions you might ask yourself include:
  - What am I most/least grateful for?
  - When did I feel a sense of love, peace, joy, life (the gifts of the Spirit)?
  - When did I feel exhausted, dead, drained, angry, frustrated, mean?
  - What specific events, thoughts, or experiences draw my attention?
  - What aspects of that time repel me or make me want to run away or push forward?
  - What moments from that time speak to me of my deepest desires?
  - What things feel out of place, uninteresting?
3. Ask yourself, "When did I notice God during this time? What felt like a time of God's absence?"
4. As some answers to these questions arise, notice what this tells you about the future. How is it that God is calling you into being? Towards what actions, activities, or attributes is God drawing you?
5. Repeat this prayer at regular intervals in order to see how God is working in your life.

As we listen to God, let us also intercede. Here are some prayer requests shared from our Senior Leadership:

- To be attentive to God, to participate with God in the work God is already doing? To seek God in where God is calling us to change our hearts and the humility to grow with God and one another.
- God would expand our love for God and our love for one another and that that would move us to respond to God and one another in love in Spirit and truth.
- God would care for and minister to our students, faculty and staff. Chaplain Lisa would request that we pray for our LGBTQIA+ siblings and allies and that we would be able to provide presence and ministry in this time on our campus as we partner with some local church pastors.
- Prayer for staffing vacancies and those staff filling in to cover. There are a number of departments that are at critical staffing levels due to continued vacancies. Prayer for God's provision, for God to sustain us, for sabbath rest and for campus patience with staff as they work full steam to keep things moving.