

Roots

Resources for Proper 11 (21-28 July 2024)

Explore and respond: Pray the Examen

Examen exercise

Remember that God is with you. Come into the presence of God asking for light that is gentle so you can look on yourself and on the world with compassion.

Come to God asking:

- for light in your steps so that you can be free from all that weighs you down
- for light in your heart so that you can let go of disappointment, failure and regret
- for light in the darkness so that your hopes and dreams can begin to grow again towards God and you may see God more clearly.

In silence we give thanks for the week/day that has passed:

- for the opportunities and acts of kindness of today
- for its conversations and its silence
- for the light of friendship and family and their constant presence in our lives
- for the light of hope that continues even when shadows fall across our path and across parts of our world.

Silence

In the light of Christ, we review the week/day that has passed.

What has brought you the gift of light this week/today? (It might be the light of new knowledge, a new experience, a chance encounter. It may be a flash of inspiration, a bright idea or a spark of hope...)

Recall these and all other signs of the warming and revealing light of Christ's presence in our lives today.

Silence

Offer to God all the situations and events that have brought darkness and loss this week/today and when you have felt far from God's presence.

Offer these now in silence, asking that God would meet you in it all.

Silence

And now take a few moments to make our heartfelt responses to God, placing our fears and our hopes in the hands of the one who brings light from darkness.

Silence

As you look ahead to the next few days and beyond, what is it that you most need to brighten your pathway and what courage do we need to bring others into the light of God's presence?

Silence

Give thanks for all that God has shown you.

Amen.