

The Community of St Hugh

Examen



More than 400 years ago St. Ignatius of Loyola encouraged prayer-filled mindfulness by proposing what has been called the Daily Examen. It is a technique of prayerful reflection on the events of the day in order to detect God's presence and to discern his direction for us. Whilst not a core activity of the Community, it may be helpful for those who wish to use it. This booklet explains the process, and gives a simple framework.

As disciples of Jesus Christ we are called to learn to follow Jesus in everything we might be involved in. Being a disciple is a lifelong journey that takes place 24/7. This Examen – over the course of the week – allows you to find space to reflect on all aspects of life – the places where you spend your time (your frontline, home, leisure, church), your relationships with God and with others, and the situations you are dealing with, the decisions you need to make and your learning as a disciple. It is based around some of the ancient spaces to be found in monasteries.

This booklet is based around a daily examen, but many people choose to use it weekly. If you do, you could use the Sunday provision on the first week, Monday's on the second, and so on. Each section uses the following framework:

The presence of God

Giving thanks for the day

Emotions of the day

'Heaven' and 'earth' moments

Selection of one thing to focus on

Expectation of hope for tomorrow

Praying for transformation



DIOCESE OF LINCOLN
faithful · confident · joyful

Community of St Hugh – Sunday Examen

Today we enter the sacred space of the **Chapel** – a place of public worship. As you examine your day think particularly about your church and the relationships you have as part of that community. The chapel is a place of public worship and a place where you worship God with others.



The presence of God

Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts.... James 4:8

Abba... (Breathe in)
Let me feel your presence... (Breathe out)

Give thanks for the day

Give thanks and give praise for the attributes of God you have seen today
Give thanks for the blessings God has given you today
Give thanks for the people you have engaged with today
Give thanks for your church

During this time...

talk to God about the church community you are part of and the relationships you have there

Reflect through the day emotionally, guided by the Spirit and recognise 'heaven' and 'earth' moments.

Heaven – where have you met God or seen God at work today?
Earth – where have you done things in your own strength?

Choose an 'earth' moment and pray into it

Gracious God,
help me to have eyes to see you in this situation,
and to see what you see,
and ears to hear you in this situation
and to hear what you hear,
and a heart that is open to being transformed in your likeness. Amen.

Spend time in still listening to God.

Commit to God that earth moment and the response you will make because of it.

Expectation of hope for tomorrow

After reflecting on the last 24 hours, you now bring your attention to tomorrow.

What do you need to do tomorrow?
Ask God to prepare you for this
Who will you be with or meet?
Ask God to bring opportunity to be his witness through your work and be in your words and actions

Relax in the knowledge of the promise God makes to you...

"Come to me, all you that are weary and are carrying heavy burdens and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Matthew 11: 28–29

Praying for transformation

Pray for all who study, learn and teach in your community, that the truth will set them free and transform them. Pray for your church as a community of learning and discovery.

Community of St Hugh – Saturday Examen

Today we enter the sacred space of the **Scriptorium** or **Library** – a place of study and learning.

As you examine your day think about the last thing you learned from Jesus and from others around you. How are you growing and learning as a disciple of Jesus?



The presence of God

Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. Luke 10:38–39

Lord of all wisdom... (Breathe in)
Help me understand your ways... (Breathe out)

Give thanks for the day

Give thanks and give praise for the attributes of God you have seen today
Give thanks for the blessings God has given you today
Give thanks for the people you have engaged with today
Give thanks for opportunities to learn

During this time...

talk to God about learning more about being a disciple

Reflect through the day emotionally, guided by the spirit and recognise 'heaven' and 'earth' moments.

Heaven – where have you met God or seen God at work today?
Earth – where have you done things in your own strength?

Choose an 'earth' moment and pray into it

Gracious God,
help me to have eyes to see you in this situation,
and to see what you see,
and ears to hear you in this situation
and to hear what you hear,
and a heart that is open to being transformed in your likeness. Amen.

Spend time in stillness, listening to God.

Commit to God that earth moment and the response you will make because of it.

Expectation of hope for tomorrow

After reflecting on the last 24 hours, you now bring your attention to tomorrow:

What do you need to do tomorrow?
Ask God to prepare you for this

Who will you be with or meet?
Ask God to bring opportunity to be his witness to them through your words and actions

Relax in the knowledge of the promise God makes to you...

We know that all things work together for good for those who love God, who are called according to his purpose. Romans 8:28

Praying for transformation

Pray for the worshipping life of the churches of our diocese, that as people gather they experience life-transforming encounters with the living God.

Community of St Hugh – Monday Examen

Today we enter the sacred space of the **Garden** – a place of work.
As you examine your day think about what you did and your relationships with the people with whom you came into contact at the place you consider your 'frontline' – the place where you spend most of your time. This might be the workplace, a place you volunteer, or in the home.

The presence of God

'Holy, holy, holy, the Lord God the Almighty, who was and is and is to come.' Revelation 4:8



Lord Jesus Christ ... (Breathe in)
Come into my heart... (Breathe out)

Give thanks for the day

Give thanks and give praise for the attributes of God you have seen today
Give thanks for the blessings God has given you today
Give thanks for the people you have engaged with today
Give thanks for your frontline

During this time...

talk to God about the places you consider your frontline and the relationships you have there

Reflect through the day emotionally, guided by the spirit and recognise 'heaven' and 'earth' moments.

Heaven – where have you met God or seen God at work today?
Earth – where have you done things in your own strength?

Choose an 'earth' moment and pray into it

Gracious God,
help me to have eyes to see you in this situation,
and to see what you see,
and ears to hear you in this situation
and to hear what you hear,
and a heart that is open to being transformed in your likeness. Amen.

Spend time in stillness listening to God.

Commit to God that earth moment and the response you will make because of it.

Expectation of hope for tomorrow

After reflecting on the last 24 hours, you now bring your attention to tomorrow.

What do you need to do tomorrow?

Ask God to prepare you for this

Who will you be with or meet?

Ask God to bring opportunity to be his witness through your work and be in your words and actions

Relax in the knowledge of the promise God makes to you...

The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly. John 10:10

Praying for transformation

Pray for your circle of friends, your work colleagues and your neighbours.

Pray that through your Christian witness the times you share together for fun, work and leisure may be steps on the way to their being transformed as they encounter the God who lives in you by his Spirit.

Community of St Hugh – Friday Examen

Today we enter the sacred space of the **Cloister** – a place of informal interaction.

As you examine your day think about what you do in your leisure or spare time – sometimes this is called your third space. Where are the places you go? Who are the people you meet or know?



The presence of God

You show me the path of life. In your presence there is fullness of joy; in your right hand are pleasures forevermore. Psalm 16: 11

Lord... (Breathe in)

Increase my faith... (Breathe out)

Give thanks for the day

Give thanks and give praise for the attributes of God you have seen today

Give thanks for the blessings God has given you today

Give thanks for the people you have engaged with today

Give thanks for leisure and spare time

During this time...

talk to God about your relationships in your leisure time

talk to God about how you use your leisure and spare time

Reflect through the day emotionally, guided by the spirit and recognise 'heaven' and 'earth' moments.

Heaven – where have you met God or seen God at work today?

Earth – where have you done things in your own strength?

Choose an 'earth' moment and pray into it

Gracious God,
help me to have eyes to see you in this situation,
and to see what you see,
and ears to hear you in this situation
and to hear what you hear,
and a heart that is open to being transformed in your likeness. Amen.

Spend time in stillness listening to God.

Commit to God that earth moment and the response you will make because of it.

Expectation of hope for tomorrow

After reflecting on the last 24 hours, you now bring your attention to tomorrow.

What do you need to do tomorrow?

Ask God to prepare you for this

Who will you be with or meet?

Ask God to bring opportunity to be his witness through your work and be in your words and actions

Relax in the knowledge in the promise God makes to you...

For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Jeremiah 29:11

Praying for transformation

Pray for God's people around the diocese, that their work, whether paid or not, may provide opportunities to show the good news of Jesus through word, attitude and deed, so that others may be transformed by his love.

Community of St Hugh – Tuesday Examen

Today we enter the sacred space of the **Chapter** – a place of decision making and ordering communities.

As you examine your day think about the decisions you have had to make or decisions you need to make. How do they affect you and others? Are there things that you need to get in order?

The presence of God

*He has told you, O mortal, what is good;
and what does the Lord require of you
but to do justice, and to love kindness,
and to walk humbly with your God?’*
Micah 6:8



Speak Lord... (Breathe in)

Your servant is listening... (Breathe out)

Give thanks for the day

Give thanks and give praise for the attributes of God you have seen today
Give thanks for the blessings God has given you today
Give thanks for the people you have engaged with today
Give thanks for the decisions you have made today

During this time...

talk to God about the decisions you need to make and anything in your life
you need to bring back into order

Reflect through the day emotionally, guided by the spirit and recognise 'heaven' and 'earth' moments.

Heaven – where have you met God or seen God at work today?

Earth – where have you done things in your own strength?

Earth – where have you done things in your own strength?

Choose an 'earth' moment and pray into it

Gracious God,
help me to have eyes to see you in this situation,
and to see what you see,
and ears to hear you in this situation
and to hear what you hear,
and a heart that is open to being transformed in your likeness. Amen.

Spend time in stillness listening to God.

Commit to God that earth moment and the response you will make because
of it.

Expectation of hope for tomorrow

After reflecting on the last 24 hours, you now bring your attention to
tomorrow.

What do you need to do tomorrow?

Ask God to prepare you for this

Who will you be with or meet?

Ask God to bring opportunity to be his witness through your work and be in
your words and actions

Relax in the knowledge of the promise God makes to you...

*My God will fully satisfy every need of yours according to his riches in glory
in Christ Jesus. Philippians 4:19*

Praying for transformation

Pray for your local community, and for all who welcome and serve others in
a variety of ways. Pray that your church may be at the forefront of
hospitality, and pray for the transformation of all whom you welcome.

Community of St Hugh – Thursday Examen

Today we enter the sacred space of the **Refectory** – a place of eating, hospitality, community and service.

As you examine your day think about your relationships which are closer to home, with family and friends. Think about your home and the neighbourhood you live in, and how hospitality, service and community is lived out.



The presence of God

“Stay with us, because it is almost evening and the day is now nearly over.” So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him. Luke 24:29–30

More of you... (Breathe in)
Less of me... (Breathe out)

Give thanks for the day

Give thanks and give praise for the attributes of God you have seen today
Give thanks for the blessings God has given you today
Give thanks for the people you have engaged with today
Give thanks for your home, your neighbourhood

During this time...

talk to God about your home life, your neighbourhood and the relationships you have and the witness that you are

Reflect through the day emotionally, guided by the spirit and recognise ‘heaven’ and ‘earth’ moments.

Heaven – where have you met God or seen God at work today?

Choose an ‘earth’ moment and pray into it

Gracious God,
help me to have eyes to see you in this situation,
and to see what you see,
and ears to hear you in this situation
and to hear what you hear,
and a heart that is open to being transformed in your likeness. Amen.

Spend time in stillness listening to God.

Commit to God that earth moment and the response you will make because of it.

Expectation of hope for tomorrow

After reflecting on the last 24 hours, you now bring your attention to tomorrow.

What do you need to do tomorrow?
Ask God to prepare you for this
Who will you be with or meet?
Ask God to bring opportunity to be his witness through your work and be in your words and actions

Relax in the knowledge of the promise God makes to you...

Do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today. Matthew 6:34

Praying for transformation

Pray for those in authority in our diocese: politicians and councillors, the police and judiciary, heads of schools and officers in business, community leaders and all whose decisions affect the lives of others, that God's transforming love and care for others will shape all they do.

Community of St Hugh – Wednesday Examen

Today we enter the sacred space of the **Cell** – a place of private prayer. As you examine your day think about your relationship with God, and how much all you do honours his name through prayer, worship, thought, word and deed.



The presence of God

Whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you. Matthew 6:6

Holy Spirit... (Breathe in)
Pray in me... (Breathe out)

Give thanks for the day

Give thanks and give praise for the attributes of God you have seen today
Give thanks for the blessings God has given you today
Give thanks for the people you have engaged with today

During this time...

talk to God about your relationship with him and ask forgiveness where you need it

Reflect through the day emotionally, guided by the spirit and recognise 'heaven' and 'earth' moments.

Heaven – where have you met God or seen God at work today?
Earth – where have you done things in your own strength?

Choose an 'earth' moment and pray into it

Gracious God,
help me to have eyes to see you in this situation,
and to see what you see,
and ears to hear you in this situation
and to hear what you hear,
and a heart that is open to being transformed in your likeness. Amen.

Spend time in stillness listening to God.

Commit to God that earth moment and the response you will make because of it.

Expectation of hope for tomorrow

After reflecting on the last 24 hours, you now bring your attention to tomorrow.

What do you need to do tomorrow?

Ask God to prepare you for this

Who will you be with or meet?

Ask God to bring opportunity to be his witness through your work and be in your words and actions

Relax in the knowledge of the promise God makes to you...

If you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. Romans 10:9

Praying for transformation

Pray for yourself, your own growth in discipleship and in Christian character, and pray that God's Holy Spirit will be at work renewing your heart and mind and transforming you to be more and more like Jesus, your master and Lord.