

**Lent** is a season in the Church Calendar, beginning on Ash Wednesday (Feb. 22, 2023) and concluding with the celebration of Jesus's resurrection on Easter Sunday (April 9, 2023), that offers opportunity for us to reorder our spiritual lives. It is a season of spiritual pilgrimage, a journey wherein we choose to die with Christ and be buried with Him, so we can be raised in the resurrection of new life.

One daily practice to consider for the season of Lent is the Prayer of Examen. Founded by St. Ignatius of Loyola, the Examen is a method of personal daily prayer in which one reflects honestly on both the challenging and beautiful events of the past day. In the honest pondering of our daily highs and lows, we develop the beautiful habit of finding God in all things. It is through this careful attention to His presence in our lives that gratitude rises up.

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## WALKING *with* JESUS THROUGH LENT

More information about how Calvary practices Lent as a church body is available at [calvarygr.org/lent](http://calvarygr.org/lent).

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# PRAYER OF EXAMEN

Use these prompts to guide your time of prayer each day (typically done in the evening).

*“Search me O God, and know my heart; test me and know my thoughts. See if there is any wicked way in me and lead me in the way everlasting.”*

Psalm 139:23-24

1. Become aware of God's Presence. Thank him for His love for you.
2. Pray for the Holy Spirit's grace and insight so that you may see and understand God's involvement in your life and so you may see your life clearly.
3. Review your day. Recall specific moments and your feelings and responses at the time. Focus your attention on a few moments that stand out to you.
4. Take those moments that stood out you and reflect more deeply on what you did, said, or thought. What were your desires in the moment? Your motivations? In these moments, did you feel close to God or further away from Him?
5. Respond to what God has shown you, either with thanksgiving or confession. Rest in God's love for you and ask him to show you how you may better love God and neighbor in the coming days. Ask for his grace and power to do so.

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