

The Examen

SILENCE

An opening of ourselves to God's presence.... God's love, God's peace and God's grace.

GRATITUDE

An awareness of all that God is to us, a thankfulness for this life and all that it holds.

REVIEW

An honest assessment of who we have been this week and who we would hope to be.

FORGIVENESS

Seeking forgiveness in the ways in which we have erred, been unaware, and uninvolved in the work of beauty and restoration in our world.

RENEWAL

Looking towards the future, along with the Spirit, to where God may be directing us. It may be a concrete action, it may also be becoming more aware of God, changing the rhythms of our life, walking away from certain beliefs and behaviors, etc...

WORSHIP

PRAYER

SHARED LIFE

HOSPITALITY

SERVICE

GENEROSITY

