

### **How do we pray?**

**Exodus 8.30:**

So Moses went out from Pharaoh and **prayed** to the Lord.

**Job 21.15:**

What is the Almighty,\* that we should serve him?  
And what profit do we get if we **pray** to him?"

**Psalms 54.2:**

Hear my **prayer**, O God;  
give ear to the words of my mouth.

**Matthew 5.44:**

But I say to you, Love your enemies and **pray** for those who persecute you,

**Matthew 14.23:**

And after he had dismissed the crowds, he went up the mountain by himself to **pray**.  
When evening came, he was there alone,

**Revelation 8.4:**

And the smoke of the incense, with the **prayers** of the saints, rose before God from the hand of the angel.

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**See page 856 in the BCP's catechism:**

**Prayer and Worship**

Q. What is prayer?

A. Prayer is responding to God, by thought and by deeds, with or without words.

Q. What is Christian Prayer?

A. Christian prayer is response of God the Father, through Jesus Christ, in the power of the Holy Spirit.

Q. What prayer did Christ teach us?

A. Our Lord gave us the example of prayer known as the Lord's Prayer. See [page 364](#).

Q. What are the principal kinds of prayer?

A. The principal kinds of prayer are adoration, praise, thanksgiving, penitence, oblation, intercession, and petition.

Q. What is adoration?

A. Adoration is the lifting up of the heart and mind to God, asking nothing but to enjoy God's presence.

Q. Why do we praise God?

A. We praise God, not to obtain anything, but because God's Being draws praise from us.

- Q. For what do we offer thanksgiving?  
 A. Thanksgiving is offered to God for all the blessings of this life, for our redemption, and for whatever draws us closer to God.
- Q. What is penitence?  
 A. In penitence, we confess our sins and make restitution where possible, with the intention to amend our lives.
- Q. What is prayer of oblation?  
 A. Oblation is an offering of ourselves, our lives and labors, in union with Christ, for the purposes of God.
- Q. What are intercession and petition?  
 A. Intercession brings before God the needs of others; in petition, we present our own needs, that God's will may be done.
- Q. What is corporate worship?  
 A. In corporate worship, we unite ourselves with others to acknowledge the holiness of God, to hear God's Word, to offer prayer, and to celebrate the sacraments.

You are Already Praying!

Prayer of Work, action.

### Examen:

#### Practicing the Prayer of Examen

This Prayer of Examen is primarily an exercise in remembering. One is invited, through four portions [presence, gratitude, review, and response], to concentrate on experiences and encounters from the past 24 hours. The beauty of the practice is its simplicity; it is more a guide than a prescription. If some portion feels especially important on a given day, feel the freedom to spend all or most of your time in that portion. The purpose is to increase awareness and sensitivity, not to finish or accomplish a task.

#### 1. Presence

Begin this practice by recognizing the presence of God. Consider praying for the Holy Spirit to help you be attentive to God's presence. To become more focused, it might be helpful to repeat a simple phrase during this time, like "Be still and know that I am God" [Psalm 46v10].

There may be days when you'll need the entire time to remember and focus on the nearness of God. Don't rush past this portion. Take the necessary time to wait and find comfort in God's presence.

**Take some time and focus on the nearness of God. Open yourself to His presence.**

#### 2. Gratitude

As you think about the past 24 hours, what causes you to be thankful? Look back over the past day, the big and small aspects of life, and recognize what reasons you have to be grateful. Focus on these experiences and encounters, helping your mind and spirit center on the goodness and generosity of God.

If you're using a journal, consider capturing your thanks in writing, expressing words of gratitude and giving testimony to God's generosity and faithfulness. Find encouragement and reminders of God's goodness, and be thankful.

**Looking back over the past 24 hours, for what are you most grateful? What makes you feel thankful? Using simple words, express your gratitude to God.**

### 3. Review

Here we can benefit again from taking time to look back over the past 24 hours. By intentionally reviewing our interactions, responses, feelings and intentions, we can avoid letting days speed by. We can pause to learn more about ourselves and about God's activity in our lives.

Try to look back objectively as you review. Rather than interpreting, justifying, or rationalizing, the intent is to observe and remember. Allow your mind to wander the situations you've been in and to notice details. The questions in this exercise should help you bring specific experiences to mind.

What habits and life patterns do you notice from the past day? **When or where in the past 24 hours were you cooperating most fully with God's action in your life? Or, where did you feel most fully connected with God? When were you resisting? Or feeling most disconnected? (In other words, a high and a low, or desolation and consolation).**

### 4. Response

Having spent time remembering, it seems natural to want to respond in some way. Take time to journal or pray, expressing your thoughts on the actions, attitudes, feelings, and interactions you've remembered as a part of this exercise. You might need to seek forgiveness, ask for direction, share a concern, express gratitude, or resolve to make changes and move forward. Allow your observations to guide your responses.

**Beginning today, how do you want to live your life differently? What patterns do you want to keep living tomorrow?**

"May the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen." [Hebrews 13v20-21]

God's peace be yours.

Portions taken from <https://marshill.org/pdf/sp/PrayerOfExamenLong.pdf>