

daily examen

h o w t o

1. enter God's presence: quiet down and think about how God was with you throughout the day
2. list out what happened today
3. ask yourself: how was God present with me today?
4. pray over your whole day and thank God for being with you and loving you through it all!



lectio divina

[engaging with God through scripture]

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1. read: read a scripture passage several times
2. meditate: think about the reading and connect it to your life
3. pray: thank God for what you read
4. think: what is God teaching you? I wonder how we can see God's love in this passage?



body prayer

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God, you are above (reach toward the sky),
below (touch your toes),
inside (hands to heart),
and all around (big arm circles).
I worship you (reach toward the sky),
and I love you (hands to heart)
with all that I am (big arm circles).



visio divina

[engaging with God through art]

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1. focus on an art piece. close eyes. breathe.
2. look at the art. notice details (shapes, colors, etc) & choose what draws your attention the most
3. why do you think God drew your attention there?
4. pray and ask God - "how does this image show me Your love?"
5. sit in silence for 15 seconds thinking about how much God loves you!



breath prayer

1. choose two words or phrases to meditate on
2. inhale: say the first word of phrase
3. exhale: say the second word or phrase
4. repeat

example:

inhale - Your grace

exhale - is enough for me

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terra divina

[engaging with God through nature]

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1. landscape - pay attention to the world around you
2. meditate - what caught your eye?
3. prayer - pray for what you have seen
4. presence - let go and enjoy being alive in the natural world

