



REDISCOVERING OUR PLACE IN GOD'S STORY



♥ ACT 2 DEVOTIONAL ACTIVITIES

ACTIVITY 1

The Examen

(Adapted from Sacred Rhythms by Ruth Haley Barton)

Preparation: Spend a few moments in silence, allowing yourself to become still and aware of God's unconditional loving presence.

Review The Day: The discipline commonly known as the examen includes the following steps:

- Look back on the events of the past twenty four hours, asking God to guide you in seeing what He wants you to see.
- As you reflect on the events, ask God to show you where He was present with you, even though You may not have recognized it at the time.
- Ask God to show you the places where you are growing and changing. Thank him for evidence of His transforming work in your life.
- Ask God to show you places where you fell short of Christlikeness. Be careful not to succumb to shame or morbid introspection; instead, simply name your failure honestly, confess it to God, and receive His forgiveness.
- Finish by thanking God for the day and His presence in your life.

ACTIVITY 2

Act of Contrition

Pray the following prayer adopted from the Roman Catholic tradition:

My God, I am sorry for my sins with all my heart.
In choosing to do wrong and failing to do what is right,
I have sinned against you whom I should love above all things,
I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin.
Our Savior Jesus Christ, suffered and died for us.
In his name, my God, have mercy. Amen

ACTIVITY 3

Psalm 51

Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.
Wash away all my iniquity
and cleanse me from my sin.
For I know my transgressions,
and my sin is always before me.
Against you, you only, have I sinned
and done what is evil in your sight;
so you are right in your verdict
and justified when you judge.
Surely I was sinful at birth,
sinful from the time my mother
conceived me.
Yet you desired faithfulness even in the
womb;
you taught me wisdom in that secret place.
Cleanse me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.
Let me hear joy and gladness;
let the bones you have crushed rejoice.
Hide your face from my sins
and blot out all my iniquity.

Create in me a pure heart, O God,
and renew a steadfast spirit within me.
Do not cast me from your presence
or take your Holy Spirit from me.
Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.
Then I will teach transgressors your ways,
so that sinners will turn back to you.
Deliver me from the guilt of bloodshed, O God,
you who are God my Savior,
and my tongue will sing of your righteousness.
Open my lips, Lord,
and my mouth will declare your praise.
You do not delight in sacrifice, or I would bring it;
you do not take pleasure in burnt offerings.
My sacrifice, O God, is a broken spirit;
a broken and contrite heart you, God,
will not despise.
May it please you to prosper Zion,
to build up the walls of Jerusalem.
Then you will delight in the sacrifices of the
righteous,
in burnt offerings offered whole;
then bulls will be offered on your altar.