

Advent Examen

Week One: Hope

When Jesus was born, He was called *Emmanuel*, which means *God with us*. As we move through the Advent season, we're invited to slow down, pay attention, and notice the ways God is present in our everyday lives. Join us in practicing the Examen as a simple, prayerful way to become more aware of God's presence.

1) Centre yourself in God's presence.

Take a few deep breaths. Let yourself settle into the awareness that God sees you, loves you, and is as close as the air you breathe.

2) Where did you experience God's hope today?

Take a moment to look back over your day. Where did you notice signs of God's hope? Where did you see evidence of His kingdom breaking in? Thank God for these reminders of His goodness.

3) Where do you need to experience God's hope today?

Bring to mind a part of your day or your life that currently feels uncertain, heavy, or difficult. Hold that situation before God in prayer.

4) Listen for God's invitation.

Scripture tells us that God's mercies are new every morning. What will it look like to experience God's hope as you move into the day ahead? How is God inviting you to move forward? Receive God's grace, and ask the Spirit to strengthen and guide you.

