

Advent Examen

Week Two: Peace

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 is with you. He sees you, He loves you, and He is as close as the air you breathe.

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

Take a moment to look back over your day. When did you experience God's peace? Where did you see signs of God working to bring peace to those around you? Thank God for these reminders of His goodness.

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

Bring to mind a part of your day or your life where you are experiencing anxiety, tension, or conflict. 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 peace 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.

