

# The Prayer of Examen

## Series 2/6- Seeking the Transformation We Need

You can't be good without praying

**Intro: Prayer changes things, people say. It also changes us.**

### The purpose of prayer:

- A. Examen refers to the tongue, or weight indicator, on a balance scale. Conveying the idea of an accurate assessment of the true situation.
- B. It is possible today for people to go to church services week in and week out for years with out having a single experience of Examen
  - No wonder so many people struggle in life and are barely hanging on
    - 1. But the Bible witness is so rich in it's testimony.
      - a. **Psa. 139:1 New Living Translation The Message**
      - b. **1 Chron. 28:9** (David's testimony)
      - c. **1 Cor. 2:10** (Paul reminds us)
      - d. They experienced the examen of God as something of immeasurable strength and empowerment
- C. There are two aspects in the prayer of examen: like the two sides of a door.
  - 1. **Examen of consciousness**— We discover God's daily presence/ how we've responded to his presence.
  - 2. **Examen of conscience**— We uncover those areas that need cleansing, purifying, and healing.

### I. The Examen of Consciousness (Remembrance)

- A. In the prayer of consciousness we prayerfully reflect on how God's been at work in us and how we've responded
  - 1. We consider how we have handled others or seen God
    - a. Awareness of others pain and loneliness
    - b. God is inviting us to share in His creation
  - 2. The examen of consciousness is the means God uses to make us more aware of our surroundings
- B. The prayer of examen is also how we heed the call to rehearse the mighty deeds of God.
  - 1. Ever noticed how often the Bible urges us to remember?
    - a. Abraham?
    - b. Israel/Egypt?
    - c. Decalouge
    - d. David?
    - e. Heir of David
    - f. Bread and wine. . . Calvary?
  - 2. Israel defeated the Philistines, Samuel set up a stone memorial between Mizpah & Shen (Ebenezer)  
**1 Sam. 7:12- "Thus far has the LORD helped us."**
    - a.This is what the examen of consciousness is all about
    - c. **We are raising our own personal Ebenezer and declaring, "here is where God met me and helped me. We are remembering**

### II. The Examen of Conscience (Scrutiny [examine/probe])

- A. We are inviting the Lord to search our heart to the depths
  - 1. We boldly speak the words of the Psalmist in **139:23.24**
  - 2. Without apology and without defense we ask to truly see what is in us
    - a. For our sake
    - b. For our good
    - c. For our healing
    - d. For our happiness
- B. It is a joint search for two reasons
  - 1. Lone examiners of our heart— have a thousand justifications to declare our innocence.
    - Since God is with us in the search, we are listening more than we are defending
  - 2. The other end of the spectrum is our tendency to beat ourselves up
    - a. We would take a good look at who we really are and declare ourselves un-redeemable.
    - b. He will never allow us to see more than we can handle

**Conclusion: Take heed**

- A. Do not depend on your own diligence to examine yourself rather than God for the discovery of your sins
  - 1. If it is solely self-examination, we will be trapped in either excessive praise or blame **Luke 18:10-14**
  - 2. When you are accustomed to this kind of surrender (inviting God in to scrutinize) you'll find that as soon as a fault is committed, God will rebuke it through an inward sense (a nudge if you will)
    - a. God will allow no evil to be concealed in the lives of his children
    - b. But we have to prepare ourselves to hear from God
- B. Examen of consciousness & conscience are like waves: They are distinct from one another, not totally separate
  - 1. How do we really practice the prayer of examen?
    - a. Not by turning upward or outward, but by turning inward
    - b. **Anthony Blooms writes:**

**Prayer:**

Precious Savior, why do I fear your scrutiny? Yours is an examen of love. Still, I am afraid... afraid of what may surface. Even so, I invite you to search me to the depths so that I may know myself--and You--in fuller measure

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