

Holy Fire

Spiritual Habits for Everyday Life

The Examen

In the Bible there are many references to fire. It is a sign of the presence of God, where Moses is called, where Daniel and his friends are saved, where Jesus gathers his friends to be with them and teach them. Fire cleanses, warms, protects and illuminates but it is also beautiful, wild, untamable and mysterious.

You have been invited to gather around a fire
(it might be real, it might be imagined).

Feel its warmth, watch the flames.

God is here, this is Holy Ground.

Opening Prayer (say together)

We meet in the name of God, our maker, redeemer
and friend . Amen

In the warmth of the fire may we find peace.

In the flames of the fire may we find mercy.

In the light of the fire may we find blessing.

As we gather in this place may you bind us
together in love.

Amen



The Examen

An ancient practice of prayer intended to be used at the end of the day to ponder where we have noticed the presence of God. However, it can be used at any time and is helpful in times of change or uncertainty. It is based around a few questions—spend some time in silence on each. You might want to simply ponder each question but you could also write down your thoughts, or draw them.

If someone reads out the question and leaves time for reflection before closing with the prayer and moving on to the next question.

Question 1 Where have I seen glimpses of glory?

Where are you seeing God at work?

What is giving you joy?

When are you feeling God is especially close?

Where are you encountering beauty?

What are you thankful for?

Prayer—thank you God

Question 2 What is troubling me?

What are the anxious thoughts rising in your mind?

Notice how your body is feeling—tense, relaxed, in pain, how is your breathing?

What is your sleep like and what might be cropping up in your dreams?

What emotions are you feeling right now?

Can you name your current fears?

Prayer—Lord, breathe your peace on us

Question 3 What am I hoping for?

What is giving you energy?

What is the yearning of your heart?

What are you wanting from God?

Prayer—the blessing of God almighty, Father, Son and Holy Spirit be upon us.

You may want to share your experience and challenge each other—

How are you going to use the Examen in your everyday life?