

The Prayer of the Examen

The prayer of the Examen has two basic aspects; the first is the Examen of Consciousness, the second the Examen of Conscience. The Examen of Consciousness looks to identify where God has been present with us in our lives and where we have responded to His loving presence. These are matters where by definition we will have been living in the New Life in obedience to God and His lead; they are matters of joy and praise. The Examen of Conscience will uncover areas in our lives that need confession, healing, cleansing and purification. By definition they are areas where we have been led by our old nature into its fruits where we live for ourselves.

The Examen of Consciousness

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The Examen of Conscience

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The Prayer of Contrition

The prayer of contrition is effectively a prayer of repentance; we are remorseful and penitent. It is a simple prayer of confession at the heart of the Gospel that opens the doorway of Christ to the heart of God's Grace. We find it in Psalm 51 and it has Four Steps:

1. **We Ask** God to show us our sin (Ps. 51: 10 & 6)
2. **We Confess** our sin (Ps. 51: 4)
3. **We Receive** forgiveness and new life (Ps. 51: 10-12)
4. **We Obey** in this New Life (Ps. 51: 17)

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REAL Growth: Gospel Centred Lives

The Sermon on the Mount Lenten Series

Week One – Children of God and Light

This is an aid to help you in your Lenten reflection. Seek God each day to reveal to you a truth, something that you need to surrender to Him or confess (the prayers overleaf and the Lenten Toolkit can assist). Make a brief note of that revelation. At the conclusion of Lent reflect on what God has revealed, how He has sanctified and how he has drawn you more into the likeness of Christ. On the 7th April we will have a special prayer where we can offer up these reflections to God as a fragrant offering.

Sunday: Reflect, Surrender, Confess Children of God & Light

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Monday: Reflect, Surrender, Confess Matt. 5: 13-16

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Tuesday: Reflect, Surrender, Confess Matt. 5: 13-16

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Wednesday: Reflect, Surrender, Confess Matt. 5: 17-20

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Thursday: Reflect, Surrender, Confess Matt. 5: 17-20

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Friday: Reflect, Surrender, Confess Eph. 5: 1-20

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Saturday: Reflect, Surrender, Confess Eph. 5: 1-20

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Real God, Real Church, Real Lives

REAL Growth: Gospel Centred Lives



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