

Finding Our Callings

Ephesians 4:1-16

“A specific vision that God gives us about how we are called to use our time, energy, and abilities to serve the world.”

**“The place God calls you to is the place where your deep gladness and the world’s deep hunger meet.”-
Frederick Beuchner**



Our
Calling



“Jesus, you have been present with me in my life today. Be near now. Let us look together at my day. Let me see through your loving eyes. When did I listen to your voice today? When did I resist listening to you today? Jesus, everything is a gift from you. I give you thanks and praise for the gifts of the day. I ask for your healing for my life. I ask your forgiveness and mercy for my sins. Jesus, continue to be present with me in my life each day.”

A Daily Prayer based on Ignatius Loyola's daily review-

“Jesus, you have been present with me in my life today. Be near now. Let us look together at my day. Let me see through your loving eyes. When did I listen to your voice today? When did I resist listening to you today? Jesus, everything is a gift from you. I give you thanks and praise for the gifts of the day. I ask for your healing for my life. I ask your forgiveness and mercy for my sins. Jesus, continue to be present with me in my life each day.”

PRAYER OF EXAMEN

2MIN

OPENING PRAYER OF INVITATION: BECOMING AWARE OF GOD'S PRESENCE THROUGHOUT THE DAY.

- Sit in stillness and know that God brings structure out of the chaos of our days.
- Invite the Holy Spirit who searches our hearts to guide you through this prayer.

3 MIN

REVIEWING THE PAST DAY'S EVENTS.

- God in present in life's details. Write down a basic chronology of your day.
- Does any particular event, meeting, conversation, or place stand out to you?

3MIN

CONSIDERING YOUR EMOTIONS:

- Reflect on the day's events and list the feelings that you experienced throughout the day—fear, anxiety, boredom, happiness, resentment, elation, hope, anger, compassion...
- Consider your emotions and their underlying desires. Did distraction or business cause you to ignore them either intentionally or not?

5 MIN

CHOOSE ONE FEATURE OF THE DAY AND PRAY FOR IT.

- Examine the events and emotions of the day, and ask the Holy Spirit to guide you to something that God wants you to pay more attention to: unexpected or seemingly insignificant, positive, or negative experiences.
- Pray for this particular thing. Consider what God could be wanting you to know or learn. What could he be affirming or leading you to change as the gospel is at work in this issue and in you.

2 MIN

CLOSING PRAYER: LOOKING TOWARDS TOMORROW

- Remember that God patiently leads us each day. Today's mistakes are redeemable and today's victories do not guarantee success tomorrow.
- What action can you take tomorrow as an expression of faith and dependence upon God's abounding grace.
- Ask that you would be more aware of God's guiding presence tomorrow.