



## Healthy Practices | Week 3: Spirit

### Prayer

Prayer is continuing a conversation that God has started (with us) through his Word and his grace, which eventually becomes a full encounter with him. –Tim Keller

*Pray without ceasing.. -1 Thessalonians 5:17*

Clinical studies have shown individuals who engage with prayer experience greater positive affect, more thorough emotional processing, a greater internal sense of mission, and are likely to spend time volunteering. Additionally, those who engage with regular prayer reported increased levels of experiencing forgiveness and a lower likelihood of experimenting or engaging with drug use.

**The Ignatian Examen** (Christians have been using various forms as a prayer aid since the 16th century)

1. Settle in to embrace moments of stillness. Become aware of the presence of God. Invite yourself to rest in God's presence. Ask God for his Spirit to guide you as you think and pray.
2. Remembering God is with you, begin with a posture of thankfulness. If you feel stuck, start 'small' with the meal you recently consumed or the shirt you are wearing. Tell God 'thank you' for his provision.
3. Remembering God is with you, begin to draw your attention to a review of your day. What happened? Which moments stick out? How did you respond? How did you feel? What could have gone differently? (Explore patiently; don't rush)
4. Bring those 'stick out' moments to God. Tell God what happened and what you wish would have happened differently. Tell God if you made an honest mistake or a wrong decision. Tell God if you noticed a feeling of hatred toward someone. Notice where you felt God's love. Ask God for help moving forward. Ask God for forgiveness. Believe God has forgiven you and longs to guide you.
5. Remembering God is with you, draw your attention to the next day ahead. Which meetings or appointments are on your calendar? Do you notice any emotions surface as you look over your schedule? Where do you want to ask God for his peace or presence throughout the next day ahead? Bring your thoughts, concerns, and requests to God as you pray over your next day.

### A helpful reminder with this aid:

This prayer practice is to remind you that God cares about you wholly, inside and out. God cares about your entire day: the big events and the small details. This practice brings awareness that God is with you all the time.

### Adding this practice to your life:

This prayer structure was written to be engaged at the end of each day; it does not require much time for engagement and does not require any prep.

*Acknowledgements: American Journal of Epidemiology, Being Disciples, Loyola Press' Small Simple Ways by Vinita Hampton*

*This Healthy Practice has been curated, edited, and/or written by Angela Adour, MAC, who uses this practice with her clients.*



## Healthy Practices for Children | Week 3: Spirit

### Prayer Engagement | The Ignatian Examen Simplified

#### Say this to your child:

God wants to spend time with you every day. God is interested in everything that happens to you. God wants to know how you feel and what you think. You can talk to God by praying to him.

What was the best part of your day?

What was the hardest part of your day?

Was there any part of your day that you would have done differently? Was there anything you did or said that you wish you could take back?

#### Lead your child to pray in these ways:

- Thankfulness that God is here as we pray and is also with us all day long
- Thankfulness for the child's best part of their day
- Acknowledging the hardest part of the child's day ("God, I know you saw how hard it was for me today when...")
- Confessing/asking forgiveness when applicable
- Requesting God's help and peace for the next day ahead
- End: "Thank you, God, for being with me each day. Help me remember you are always with me."

#### Read this verse to your child:

*Never stop praying.. -1 Thessalonians 5:17 simplified*

**In the box below, draw a picture of what you imagined when you heard that Bible verse:**

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