

Spiritual Friendship: a Guide

Based on the Examen Prayer

Step 1 – Presence

Be aware together of God's presence over the last few weeks/month.
Pay attention to both small details and large things.

Step 2 – Gratitude

For what are you grateful to God in the last few weeks/month?
Again, focus on both small and big things together.

Step 3 – Review

- a) How do you want to be known today? What do you want to articulate or give voice to that you haven't, choose not to, or can't in other settings? It would be good to give voice to at least one positive and negative item here.
- b) Where in the last month did you feel like you were most cooperating with God's Spirit and Kingdom work? Again, in both small or big ways? Conversely, when did you sense that you were resisting, ignoring, or choosing against the same two things? A chief way to find both is to focus on love: where/when did you love well, and where/when didn't you?
- c) Pay attention to your emotions or interior life over the last month. What were the prevailing good or healthy emotions/thoughts? What were the lingering, prevailing unhealthy ones?
- d) What patterns do you observe? What did you repeat, emotionally or behaviorally? Any changes you notice?

Step 4 – Resolve and Assurance

How do you sense God in this conversation directing you? What will you take away from today? Ask your spiritual friend to voice what they sense God wants them to say to you based on the conversation. Part company by reminding each other of God's enduring love and ready forgiveness.