



Examining Prayer

a guide for talking with God about your day, by Liz Ditty

Ask for Attention

Take a deep breath, inhale, and exhale. Repeat if necessary, allowing your heartrate and thoughts to calm down. Ask God to look at your day with you. To help you remember and to notice.

Begin with Gratitude

Thank God for his presence. No matter what sort of day you had, here you are. Still breathing. Still alive. Still loved.

Notice your Day, Highs & Lows

Think about who was present or available to you today, what beauty or truth you may have encountered. Any place where happiness, love, joy, kindness or hope broke through. Was there anything that drew your attention to God?

Think back on your day and recall any difficult emotions you experienced (shame, anger, sadness, grief, rejection...) Without rehearsing the memory, replaying the conversation, or analyzing the event, name the emotion. Hold that emotion up to God in prayer.

Talk to God about your day

Continue your prayer in conversation as you tell God about your day. Your reflection may lead to confession, worship, or an ask from God.

Look forward to tomorrow. How can you remind yourself to be aware of your spirit moving closer or further from God?

Consider the words of Psalm 4. Ask God to hear you, and to notice your life. Remember his goodness to you and rest in the safety of his presence.