

THE ART OF EXAMEN

DEEPER GUIDE

"At daybreak, Jesus went out to a solitary place. The people were looking for him and when they came to where he was, they tried to keep him from leaving them. But he said, "I must proclaim the good news of the kingdom of God to the other towns also, because that is why I was sent." And he kept on preaching in the synagogues of Judea." Luke 4:42-44

We join in with God's mission. Prayer and Mission connect beautifully because each have God as their centre point. Like the monks of Northumbria, we go out and withdraw each day as we pray and then are sent by the God who loves all people.

Mission can be many things but most of all it is about the love and reconciliation that God has for the world. Theologian David Bosch says, "Christian mission gives expression to the dynamic relationship between God and the world."

Consider the people you live around day by day. Consider the world you see in the news or read in your paper. Consider the unique and life-changing love that God has for each of them. How might we share this love together to a world that feels unloved and is searching for meaning?



"Mission is the centrifugal force that sends us out"
- Scot Bower

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EXAMEN PRAYER

As mentioned in the film we'd like to encourage you to pray the Examen prayer each day this week. Check out the 24-7 Prayer website for information about how to do this. Particularly this week, use this structure to help you pray:

INVITE THE HOLY SPIRIT
GRATEFULLY REVIEW YOUR DAY
WHEN DID YOU CONNECT WITH JESUS?
PRAY ABOUT ONE THING THAT STANDS OUT
LOOK TO TOMORROW

DAILY READINGS

MONDAY

Hebrews 1:1-3

Mission is all about Jesus. John Wesley described his evangelism as simply "the offer of Christ." Whether it is sharing his story, offering his compassion or praying for his healing and justice - we always focus on Jesus in Mission. How can you share Jesus in all you do today?

TUESDAY

John 3:16

Mission starts with the act of God. John tells us mission began with the love of God. He sent his Son. Ponder the love of God today as you go about your daily routines. All that is before you is loved by God.

WEDNESDAY

Luke 4:18-19

The mission of Jesus means transformation. These verses are quotes from Isaiah 61, read by Jesus at the beginning of his ministry. This is a statement of intent. Jesus declares the words fulfilled in their hearing because His mission will bring these about – good news, healing, recovering of sight, release of prisoners. Pray bold prayers today knowing that God intends to change the world..

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THURSDAY

2 Corinthians 5:18-20

Reconciliation is at the centre of mission. In the stories of Jesus in Samaria and Aidan's mission in Northumbria, the sense of being reconciled to all people even those who aren't like you is paramount.

Spend time praying for the people you meet who feel 'other' or 'different'.
How might you practice reconciliation today?

FRIDAY

John 20:21

Mission is about God sending us just as He sent His Son. This could be to your neighbours, school or college, to your town, city, and nation or beyond. Saint Columba was someone who understood this call.

He shared the news of Jesus across Scotland, often tackling the affects of paganism and druidism head on. The weight of being sent by God led to him preaching with courage and with power.

SATURDAY

John 4:39-41

Mission is at it's heart very simple. Remember the Samaritan woman. Jesus crossed several boundaries just to sit and talk with her. Her response was to tell her whole village – not in complex terms – but of the man who knew "everything I ever did." Worship Jesus for what he's done for you.

Try and share that somehow with others today.

SUNDAY

Matthew 28:18-20

At the end of this week reflect on the commission God has given us. To go to our friends and neighbours, to our enemies and to the ends of the earth. Jesus promises to go with us. This is the mission God calls us to.



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DEEPER GUIDE EXTRA TIME: *Take some action*

Be led by God in your mission this week.

Pray 'God lead me to the people you want to speak to today' each morning.
See what happens. Be prepared to go with the doors God opens.