

THE ART OF EXAMEN

DEEPER GUIDE

"Mary has chosen what is better, and it will not be taken from her"
Luke 10:42

Throwing off the usual culture and practice of the time; Mary sits at the feet of Jesus wanting to learn. This famous little story features Martha too, working hard to be hospitable and wondering why Mary is helping. Jesus lovingly fights for the right of Mary to learn from her Lord.

*"Learn from yesterday, live for today, hope for tomorrow.
The important thing is to not stop questioning."*
Albert Einstein

The history of the church is filled with people who sought to understand God and understand their lives in the perspective of God's kingdom. Paul called this a transformed mind. St Anselm, one of the earliest Christian theologians, considered the ridiculous idea that men and women could understand God, yet delighted in the honour that God reveals himself to us. Most of all we know our calling to be disciples of Jesus. As followers it's not our call to become rabbis or teachers – more it is our call to be life long disciples, always ready each day to learn more.



"Let's make a commitment to being a learner"
- Adam Heather

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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

Proverbs 1:5

When offered the chance to receive a gift from God, Solomon asks for wisdom. He is known as the author of Proverbs, where wisdom is championed. What does it mean to you to be wise? What differences are there in the wisdom of God? Lets commit to be learners today.

TUESDAY

Isaiah 44:5

The parables of Jesus show us that the wisdom of God is quite different from what we might think the world is all about. Isaiah is one of many prophets who declare the wisdom of God to be the most important and to challenge those who think they are wise without Him. The Bible is full of the poor, excluded and downtrodden being given the wisdom of God. His wisdom changes the world.

WEDNESDAY

John 3:3-5

Nicodemus was a teacher and a wise man in Jerusalem. Jesus encourages him that the secret to learning from God is to be child-like, to be reborn. With all his wisdom Nicodemus found it hard to understand but still he followed Jesus. Paul called this the transformation of our minds.

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THURSDAY

Matthew 11:29

With Jesus we learn by following. Scholastica is known as the patron saint of Nuns. She understood that learning and development started in discipleship and so she encouraged women to commit to a monastic life. In doing so she provided the opportunity of learning and the religious life to women at a time when those opportunities were rare. Like the life of Jesus, this way of following involved sacrifice but as they did they learn the mysteries of God.

FRIDAY

Matthew 11:25

The learning of Jesus is empowering – to the poor, to children, to those who feel excluded. Paulo Freire spent his life focusing on education for the poor in Brazil and across South America in the 1960's. In 1961 in Recife had first chance to try his ideas and saw 300 sugarcane workers taught to read and write in 45 days. Changed their lives. "Education" he said is "means by which men and women deal critically and creatively with reality and discover how to participate in the transformation of their world."

How can you share learning with someone else today?

SATURDAY

Romans 12:1-2

Paul spent time showing his readers that culture can affect the way we think. Ponder the impact of advertising, the media, consumerism and culture. How does it shape the way you learn and the way you make decisions? These aspects of culture aren't necessarily bad but as followers of Jesus we are encouraged to be transformed by Him and not by culture. Write down the things that affect you and offer them to God today.

SUNDAY

Matthew 28:18-20

Paul encourages Timothy in simple ways. This is an experienced leader shaping and empowering a young man who was entrusted to lead. Paul told Timothy to continue in what he's learnt. Perseverance isn't always cool but it makes a massive difference in our lives. At the end of this week consider what you've learnt and ask God how you might continue in it.



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DEEPER GUIDE EXTRA TIME:

Take some action

This week why not commit to try and learn about something you don't know each day this week:

Learn something new about God, the world, yourself.

Let that knowledge change you. Pray about how you can be involved in the learning of others. You could try listening to kids read, teaching at church or asking friends for advice.

Reflect each day in your Examen on what you've learnt each day.