

Create in me a clean heart, O Lord, and renew a right spirit within me.

Examen : Good evening, Beloved

1 2 3 4 5 6 7 8 9 10 Date: _____

1. HOW ARE YOU COMING to this evening prayer time? CIRCLE a number between 1-10

(1 = struggling. 10 = overflowing.)

2. What SIMPLE THING would help you go up one number? (Something wise (vitamins?), nourishing, or perhaps something cozy. Wrap in something warm. A scent. A lit candle. Quiet music. Turn down lights.)

3. NAME how you are feeling tonight _____

4. QUIETING: Psalm 71:3 "Be a guest room where I can retreat. You said your door was always open."

Choose to say "yes" to the luxury of being here now by deep breaths, sensory awareness, or lighting a candle and just practicing the quiet comfort of stillness. Image His inviting you to a prepared guest room.

5. Help me see my day through the gentle light of your loving Presence. Thank you that YOU ARE HERE.

Abba Father, (THANK YOU!) today was filled with these moments of goodness:

My Beloved... (Abba, how do You feel about my gratitude?)

This happened today : (Think back through the ordinary and profound moments of your day and view it all through His eyes of love.)

Which question seems most important to consider tonight? Pick just one.

1. When did you have a sense of being aware of God's presence during your day?
2. What was the most life-giving part of your day? What was the most life-draining part of your day?
3. When were you aware of living out of the fruit of the Spirit? When was there an absence of the fruit of the Spirit?
4. When today did you have the deepest sense of connection with God, yourself, and others? When today did you have the least sense of connection?
5. Where did you find desolation (away from the SON)? Where did you find consolation (with the SON)?
6. What sparked the most amount of energy within you today? What drained your energy?
7. When did you feel most "you"? When did you feel disconnected from the way God created you?

Beloved, I'm proud of you. This delights me: _____

Does anything in today's story need to be *tended to*?

Are you feeling raw? Experience your Abba's comfort through Immanuel Journaling or lament.

Beloved, what resource do you need for tomorrow?

Beloved, what do you need to place in my hands for me to work out my kingdom purposes?

Rest in my love, Beloved. Let me take the night shift.

Many of the questions included came from Adele Calhoun's Spiritual Disciplines Handbook.