

Dream, Pray, Build

90 Days of Prayer

Search me, O God, and know my heart; test me and know my thoughts. See if there is any wicked way in me, and lead me in the way everlasting.

Psalms 139: 22-23

Prayer of Examen

The prayer of examen was developed by Ignatius of Loyola in the 16th century. It can take numerous forms and is a prayer of review and reflection. It is a way for us to go back upon our day and deepen its meaning and experience in conversation with God. The main purpose of the prayer of examen is to become more aware of God in our daily lives and become more aware of His presence. It's a time to converse with God in the same way we would with a spouse or good friend to discuss the highs and lows of the day.

The examen can be practiced at the end of the day or once at midday and again before bed. The traditional prayer includes:

- Thanksgiving – What am I especially grateful for ?
- Petition – How can I know God and know myself as God sees me today?
- Review – What experiences/thoughts of this day have led me closer to God or pulled me away from Him?
- Response – What is my response to the God of my life today?
- Looking ahead – What is ahead of me and how can I better serve Christ with my future actions?

Another way to practice the prayer of examen is to use symbols as reminders and ask different questions such as:

- When did I feel close to God? (consolation)
- When did I feel far away from God? (desolation)
- What moment am I most grateful for? (thankful/blessing)
- What is the prayer of my heart today? (petition)
- What did I do to care for my body/soul to draw near to God on purpose?

Throughout 90 days (83 left), we will explore different ways and methods of praying. Perhaps there will be a scripture or suggestion that resonates with you. Keep experimenting with how you pray until you find the one that helps you talk with and listen to God. It takes practice and some perseverance but it is something you can do and were meant to do.

HOW YOU CAN PARTICIPATE

- Wear Dream, Pray, Build bracelet or place it where you will see it frequently. When you see it, take a moment to pray for Vine Church or any of the specific asks listed below.
- Sign up to receive a daily text reminder at 7PM to pray for the future of Vine church!
- Contribute to the Vine Church Weaving - in the worship space will be a couple of looms - as you weave your piece of ribbon or yarn, pray for our church, our ministries, our future. If you can not join us in person a virtual weave can be found here - google doc link here



WEEK 2 -SPECIFIC PRAYERS

- Doors may open for us to purchase the corner piece next to our land
- Wisdom and discernment for Vine Church Staff
- Unity amongst the church, neighbors, and contractors
- Thank you for the people of Graham Road who gave their property for something new
- Reflect on a way you have been blessed by Vine Church

