

# ***31 DAYS OF PRAYER***



***MORNING: PRAY A PSALM***

***NOON: LORD'S PRAYER***

***EVENING: PRAYER OF EXAMEN***

# ***EVENING: THE EXAMEN***

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**1. *RECALL*:** Think through key events and emotions of your day, and ask God to reveal His presence and activity.

**2. *REJOICE*:** Gratefully recall moments of joy in your day. Thank God for His presence and for any blessings that come to mind.

**3. *REPENT*:** Wherever you see words, thoughts, desires, actions or attitudes in your life that don't look like Jesus, confess, receive His grace, and ask for His Spirit to empower you.

**4. *RENEW*:** With hope, consider tomorrow. Ask God for wisdom, strength, and boldness to walk in the way of Jesus.

***BRIDGETOWN.CHURCH/PRAYER***