

Money Examen

1. Become more aware of God's presence

"God, as we sit together this evening, help me to recognize and be aware of your presence. As I prepare to reflect on my day, particularly as it relates to the money you have entrusted me with, would you help me to listen well and to trust you as you reveal things to me about what's going on in my heart?"

2. Reflect on your day

Take some time to mentally walk through your day, starting at the beginning. Ask God to help you see things that maybe you didn't notice today.

Were there times today when you felt like you didn't have enough of something? What was your response?

Were there times when you were invited to give something away or let someone borrow something? What was your response?

When did you experience contentment today? Discontentment? How did you respond to these feelings?

How did God provide for you today?

3. Bring your emotions and responses to God

"Today, Father, I confess that there were times when I felt anxious and fearful as it relates to my money and possessions..."

"At other times today, I felt grateful for your provision and kindness to me. Thank you, Lord, for the way that you provided for me today..."

"I confess that, even though I have all that I need, I continue to find myself wanting more or wanting something different. God, would you help me to see why that is, and would you teach me how to be content with the resources and life that you've entrusted to me?"

"If I'm honest, there are times I've felt trapped by my 'lack of' or 'abundance of' possessions. I know you desire for me to be free. Would you help me to take one step toward experiencing this freedom?"

4. Meditate/Pray Scripture

"But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that" (1 Timothy 6:6).

"God, would you form in me a heart of contentment..."

5. Look forward to tomorrow

End in a minute or two of quiet with open hands, resting in the truth that God knows you, loves you, and kindly desires to grow and transform you in this. He invites us to partner with Him, but He does the heavy lifting. As we open our hearts to God, and acknowledge where we're at, He is gracious to meet us there and grow us at a pace we can handle.