



**Grace  
Commons**  
CHURCH

A photograph of a dirt path leading through a forest. The path is made of brown earth and small rocks, winding through green trees and foliage. The lighting is soft, suggesting a dappled sunlight effect. The title 'Journey with Jesus' is overlaid on the image in a large, white, sans-serif font. The word 'with' is smaller and colored yellow, while 'Journey' and 'Jesus' are larger and white.

# Journey with Jesus

A devotional of prayer practices to help  
you grow and flourish through Christ

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# Journey with Jesus

Use this journal as a tool for your journey with Jesus. Each week you can take a day or two to practice the Examen, a prayer practice that helps us discern God's movement in our lives. Instructions on how to pray the Examen are in the back of the journal. We also provide two exercises for each week that you can choose to do on different days than the Examen. You'll come across the practice of Lectio Divina, a prayerful way to read Scripture, which you can find more information about in the back of the journal.

## Mark 1:40-42

See Appendix for Examen on page 29.

You are the chosen one, the beloved of God!

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# EXAMEN

## EXERCISE 2:

Be mindful of the variety of emotions that might hit you as you contemplate God's love for you. You might experience anger, frustration, sadness, or love. Can you bring these things to the Lord? Journal about the ways that God has revealed his love to you daily.


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# EXAMEN

# 1 John 4:7-21

## EXERCISE 1:

1. What do the words, "There is no condemnation" mean to you?
2. Are you able to believe these words? Why, why not?



## EXAMEN

### EXERCISE 2:

“And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in him. In order for our knowing of God’s love to be truly transformational, it must become the basis of our identity. Our identity is who we experience ourselves to be—the “I” each of us carry within. An identity grounded in God would mean that when we think of who we are, the first thing that would come to mind is our status as someone who is deeply loved by God.” —David Benner

1. What would it mean for you to rely on and live in God’s love for you?
2. How would your life be different if you were able to rely on and live out of a place of having internalized God’s love for you?
3. What keeps you from embracing your identity as one deeply and unconditionally loved by God?

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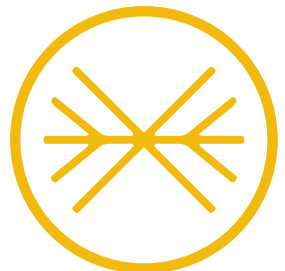

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## EXAMEN

## Psalm 139:1-16, Ephesians 2:10

## EXERCISE 1:



## EXERCISE 2:

1. What does it mean to you that you have been made a new creation?
2. Spend some time reflecting on God creating you as his “masterpiece” or “workmanship.” What feelings and thoughts come to mind as you reflect?

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WEEK THREE | Created for Glory | Psalm 139:1-16, Ephesians 2:10

## Psalm 96:1-9; Psalm 103:1-14

## EXERCISE 1:


1. Write your own Psalm 136 based on your own life experience replacing the first line of each verse with an event from your own life. Share your Psalm with God.





## Psalm 23 (esp. v. 1), Philippians 4:11-13

Practice Lectio Divina with 1 Chronicles 16:23–35  
See Appendix for Lectio on page 30



## Practice Lectio Divina with Revelation 1:12-18

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WEEK FIVE | Holy Indifference | Psalm 23 (esp. v. 1), Philippians 4:11-13

## Genesis 3:1-13, James 1:13-25, Romans 8:3-5

## EXERCISE 1:

1. What do these verses teach about the place and power of contentment?
2. Ask God to show you areas in which you need to learn contentment and embrace holy indifference.




## Read 1 John 2: 15-17

1. Journal about any insights God gives you about any struggles you might have with any of the given topics from this passage.
2. Give the Lord these burdens you carry.

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# EXAMEN

## Mark 9:43-48, Romans 5:6-11



## EXERCISE 2:

1. Imagine you are standing before Jesus, and he looks you in the eye and asks you, “Do you love me more than these?” What do “these” refer to in your life?
2. Take a moment to dwell on God’s grace and love for you despite anything in your life that might stand in the way. Ask God to help you receive his love and grace.

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# EXAMEN

## Matthew 8:18-22, 10:1-15



## EXERCISE 2:

Read Matthew 10:1-24 two or three times.

1. Is there a theme that connects with you? What does it make you think and feel?
2. What are you feeling about saying yes to Jesus in your own life?

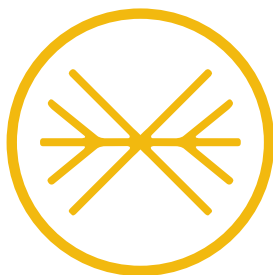
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# EXAMEN

## Luke 5:1-11

## EXERCISE 1:

1. Imagine you are one of those called by Jesus to “follow me.”
2. What do you feel as you hear his words to you?
3. What draws you to follow Jesus?
4. What fears arise?



## EXERCISE 2:

Read Luke 5:1-11

1. Imagine you are Peter in this story.
2. What do you think as Jesus tells you to put your net on the other side of the boat?
3. What do you learn about Jesus as a result of the catch of fish?
4. Would this miracle be enough for you to follow Jesus, leaving all things behind?
5. How might this event impact how you live your life with Jesus?

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# EXAMEN

## Matthew 8:23-27, Mark 4:35-41

## EXERCISE 1:

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## EXERCISE 2:


1. Imagine you are on the boat with Jesus and the disciples. Imagine the storm and how it would feel to be on the boat, looking over at Jesus asleep.
2. What do you feel as you see Jesus asleep?
3. What do you feel as you hear Jesus speak and as you see the storm stop?
4. What do you learn about Jesus? What truths can you take from this story that might impact your life?

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# EXAMEN

## Mark 10:46-52

## EXERCISE 1:

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## EXERCISE 2:

1. Imagine you are the blind Bartimaeus.
2. What goes on in your head when you realize Jesus is passing by?
3. What goes through your mind and heart as Jesus asks you what you want? What fears, dreams and desires arise within you?
4. How can you relate to Bartimaeus' story? What have you learned about Jesus in this story and in your own story?

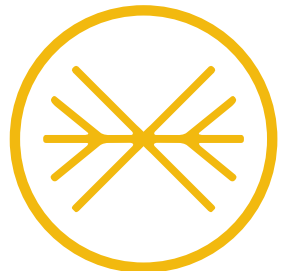
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## EXAMEN

# Luke 15, Matthew 22:34-40

## EXERCISE 1:

1. How has your love for God changed as you have gone through these journal exercises?
2. Do you find it easier to love God the Father, Jesus or the Holy Spirit? Why?



## EXERCISE 2:

1. As you have gone through these exercises, what have you learned about what it might mean to love your neighbor?
2. Ask Jesus to reveal to you how you might grow in your ability to love your neighbor.
3. Perhaps you might practice hospitality and bring a meal to a neighbor in need or treats and a greeting to a friend nearby.

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# EXAMEN



# EXAMEN

Listed below are the steps for the General Examen, which captures the essence of Psalm 139:23–24. It is a five-step form of the examen you can practice at any time of the day or week. When you come to the examen, take some time to calm your body, get comfortable, and breathe deeply.

1. Give thanks to God for what you have received, focusing on God, his goodness, grace and greatness.
2. Ask God to reveal your sins to you. This may seem a bit moralistic, but that is not the case. The focus is not on external sin, but on the roots from which the sin reveals itself. It also affirms that we need God to help us see our sin and give us insight.
3. Examine how you lived this day, looking at your thoughts, words, and deed. How have you missed God? Perhaps you can remember this and practice noticing God tomorrow and connecting with him.
4. Ask for forgiveness, expressing sorrow for your sin while remembering God's grace and love. Soak in God's mercy and love for you.
5. Ask God for the grace to amend your ways and live more fully connected to Him. This affirms your need for God and dependence on him. Practice internalizing your dependence on God for all things. Slowly and thoughtfully, read the Scripture passage the first time. What word or phrase captures your attention and grabs your heart? Linger with it whenever this happens.



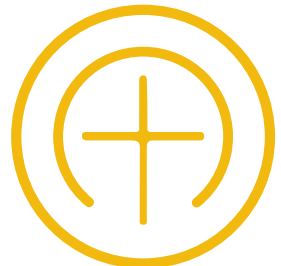
# LECTIO DIVINA

Lectio divina is a method of praying the Scriptures. What better way to get to know God than by spending time with God's spoken word?

The practice of lectio divina traces its roots back to the early centuries in the Church. By the sixth century, St. Benedict had made it a regular practice in most monasteries. And while in its beginnings this prayer method was set aside for monks and religious, today lectio divina is a widely held practice by many laymen and laywomen.

Lectio divina is a slow, rhythmic reading and praying of a Scripture passage. You pick a passage and read it. Notice what arises within you as you read it. Then you read it again, and then again, noticing what words and phrases grab your heart and noticing the feelings that arise. You respond to God about whatever is stirring within as you read and pray with the passage. Finally, you rest and let God respond and speak to you.

Though this originated as a Jesuit/Catholic practice, it is still a meaningful way in which we can seek God in a unique method of reading and praying.



Let's consider the formal steps. To begin, you might open with a short prayer, asking God to guide your prayer time. Then do the following:

### **Read.**

Slowly and thoughtfully, read the Scripture passage the first time. What word or phrase captures your attention and grabs your heart? Linger with it whenever this happens.

### **Reflect.**

Slowly and prayerfully, read the passage again. What is God saying to you in this passage? offering you? asking you? What feelings are arising within you?

### **Respond.**

Slowly and prayerfully, read the passage again. Respond to God from your heart. Speak to God of your feelings and insights. Offer these to God.

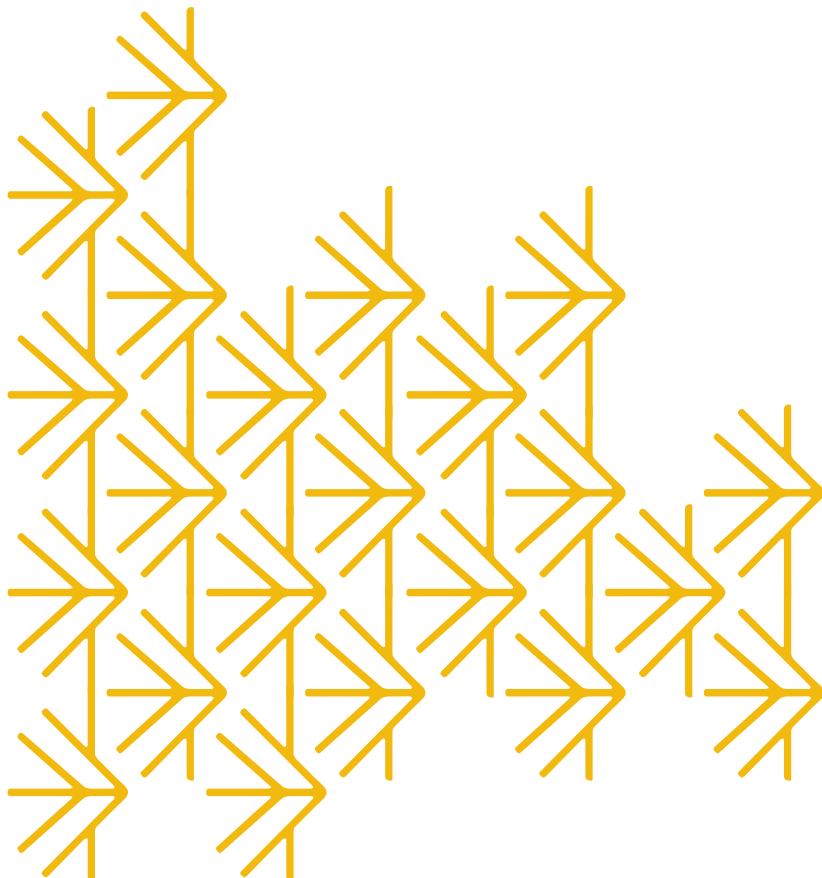
### **Rest.**

Possibly read the passage another time. Sit quietly in God's presence, asking, "What are you saying to me?" Rest in God's love, and listen.

As you end your prayer period, you might close with the Lord's Prayer or another short prayer. It might be helpful to jot down in a journal what arose during this time. What did you speak to God, and what did God offer you?

Excerpt from [loyolapress.com/catholic-resources/prayer/personal-prayer-life/different-ways-to-pray/lectio-divina/](http://loyolapress.com/catholic-resources/prayer/personal-prayer-life/different-ways-to-pray/lectio-divina/)





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