



Season 02.Episode 07

TITLE: Examining the Unexamined

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Welcome to MomenToUs! I am Pastor Rebecca Grate, the Pastor Mission Developer for MomenToUs and the host for our weekly podcast.

At MomenToUs, we believe that God is present with us in each and every single one of our moments.

We believe that our stories are connected to God's story and to one another's stories.

We believe that this connection and relationship changes our lives and our entire world.

Before we begin, I invite you to take a deep breath in, hold it while you count to three, and then slowly release that breath.

For this summer, we are spending our entire time at Sabbath Stops, at times designed for sacred rest, to reconnect with God, with those around us, and with creation. Summer is a season where almost all of our schedules completely shift from what they are during the school year. As many of us travel over the next few months, we are going to intentionally

stop, just like we would at a rest stop on the road. So, grab a snack, grab some water to drink, stretch, and take another deep breath.

For this week's sabbath stop, we are going to intentionally stop to ground ourselves. Yes, it's still July, but those involved in getting ready for another school year are already preparing for classes to restart for another year. Or, maybe you're cramming in one more really fun week of relaxing or one more vacation out of town before that starts. Or, you've just had lots of other things happening and you aren't affected by the school year and would appreciate another opportunity to be grounded and rest and connect with God.

In a few different episodes, we have engaged in a practice called Lectio Divina, which focuses on a particular verse, passage, or theme, and invites you to contemplate a series of questions while you listen for how God is speaking to you or with you through those particular words at that particular time. We will come back to that practice again.

Today, we are going to learn a new practice: The Ignatian Examen.

This is a practice that was founded by Ignatius of Loyola, who was a Catholic priest and theologian and also founded a religious order called the Society of Jesus, also known as the Jesuits. Spiritual practices and formation, our relationship with God, was extremely important to

Ignatius, so he recorded this series of practices so that they could be used universally.

Now, even though we aren't a Catholic ministry, we can still participate in this Christian spiritual practice.

The Ignatian Examen is typically done at the beginning of your day or at the end of your day, it really depends on where you happen to have energy and where you might have some free time for sabbath.

During this episode, we are going to walk through an Examen practice. Some people are happy to work through this practice solely in their minds; some people work through this practice with their spouse, their family, a close friend, or a small group; some people prefer to journal their practice so they can slip back through the pages and notice patterns and trends in how they are noticing God's presence and responding to it. All of these are right.

If you'd like to pause this podcast and come back to it when you are able to pay closer attention, you can do so. If you'd like to listen to the podcast fully and then come back to listen again later, you can do that, too. If you are able to listen now and fully participate and then want to come back to listen again later, you can do that, too.

So, take another deep breath in, settle in for a few seconds, and make note of 3 things you are thankful for from the past day.

Now, I invite you to pray or focus on the phrase, “I’m listening, God. Help me notice you.”

Now, I invite you to think back through your day. If you’re doing this practice at night, think about the day you’ve just lived. If you’re doing this practice in the morning, think about the previous day. Make note of any major events, conversations, mistakes and how you felt in those moments.

Now, go through those same moments again and notice: Were those moments you were drawing closer to God or farther away from God? Were those moments you were drawing others closer to God or farther away from God?

Now, look ahead to the next day and what you are already planning it to hold - appointments, meetings, errands that must be run. Pray for God’s presence to be with you, and for you to know it, through all of those things ... and whatever surprises also happen.

Take another deep breath while we settle in for prayer.

A Prayer for Examining the Unexamined

God, who knows it all already,

We would really prefer to only look backwards to remember the happy things and forwards to anticipate the hopeful things, but both of those aren't fully honest.

Help us look at our days in a truthful way, knowing that you already know everything about our days, even the things we didn't notice.

Make us notice the heartache and anxiety and remind us of your presence with us.

Show us ways to remain connected with you and help others connect with you.

Amen.

Thank you for joining us for our weekly MomenToUs. We are looking forward to growing with each of you and are so grateful you are a part of the MomenToUs community.

Thank you to our Mission Partners, the Southern Ohio Synod and the Evangelical Lutheran Church in America. Their financial contributions and prayer have been instrumental in bringing this new ministry into existence.

We have one more thank you for this week: St. John's Lutheran Church in Zanesville, Ohio. They have called me to preach and lead worship with them this morning. They will be livestreaming their 9 AM

(EST) worship service this morning on [Facebook](#). I've direct linked their Facebook page in the transcript for this episode located on our website. Inviting me to supply preach or lead an education event or retreat or simply be present with you all for worship and to answer questions are additional ways that congregations and ministries can partner with MomenToUs.

If you loved learning a new spiritual practice this week, we hope that you share this episode with someone you know, to help them grow in their faith and know that God is present with them, too.

However you are engaging with or discerning partnering with MomenToUs, we hope that it means you are growing in your faith and noticing God's presence with you. You can always share moments when you noticed God's presence by sending us an email at dailymomentous@gmail.com, sending us a direct message on our social media accounts, or sending us a voicemail.

If you want to support the ministry of MomenToUs, know that engaging with us online is one way to do so. If you are able to give financially, you can visit our website and use the donate link. Each one-time or recurring gift combines together to ensure the MomenToUs Community continues to grow.

We give thanks for every single one of you, for being a part of the MomenToUs community, for listening to God's call to try something new, and for beginning to notice God's presence even more frequently in your life, in our communities, and in our world.

Until our next podcast, remember to breathe deeply and to remember that God is present with you every single moment.

Music:

Best Moment - Music by [SoulProdMusic](#) from [Pixabay](#).

Please Calm My Mind - Music by [Lesfm](#) from [Pixabay](#).

Happy Moment - Music by [FASSounds](#) from [Pixabay](#).

Brighter People - Music by [Keyframe Audio](#) from [Pixabay](#).