



MATTHEW 17:1-9



"We cannot pray "at all times" if we do not pray at specific times, consciously willing it ..." Catechism of the Catholic Church #2697

CHECK OUT WHAT CATECHISM OF THE CATHOLIC CHURCH SAYS ABOUT THE LIFE OF PRAYER CCC 2697 - 2699

# PUT A 3 X 5 IN YOUR DAY!

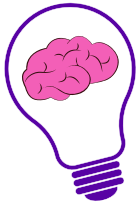
ON A SCALE OF 1 - 10, WHERE ARE YOU AT WITH THESE HABITS / SITUATIONS? (1=REALLY POOR, 10=UTTERLY AMAZING!)

*I don't check my phone while in conversation with someone.*

1	2	3	4	5	6	7	8	9	10
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*I get up immediately and never hit the snooze button.*

1	2	3	4	5	6	7	8	9	10
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*I spend time each day in prayer (consistently!)*

1	2	3	4	5	6	7	8	9	10
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*I am an intentional person.*

1	2	3	4	5	6	7	8	9	10
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*I spend time reflecting on day.*

1	2	3	4	5	6	7	8	9	10
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## A DAILY EXAMEN



The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. It is particularly associated with St Ignatius of Loyola and there are many variations of it. The basic strategy is to become aware of God's presence, review the day with gratitude; pay attention to your emotions; choose one feature of the day and pray from it; look toward tomorrow. Christians are really encouraged to build this practice into their night prayer. Sometimes we need a little help to stay focused throughout the day too though!



WATCH THIS REALLY SHORT VIDEO FROM FR MARK MARY, CFR "AN EASY WAY TO DO A DAILY EXAMEN" AND REFLECT ON THE QUESTIONS THAT FOLLOW



*Fr Mark Mary calls his method of the Examen the \_\_\_\_\_ x \_\_\_\_\_ Method.*

*He prays this at midday each day, and keeps a card in his breviary (prayer book) to remind him.*

WHAT THREE QUESTIONS DOES HE STOP AND ASK HIMSELF EVERY MIDDAY?



# PUT A 3 X 5 IN YOUR DAY!

MATTHEW 17:1-9

## THINK IN PRACTICAL TERMS...

What do you think could be the value in hitting this kind of **pause / reset button** in the middle of your day?



How could you remind yourself to pray this everyday?



## Now Read Matthew 17:1-9



It's hard to imagine ourselves at the scene of today's Gospel: Jesus' splendour and glory being revealed, the three apostles being utterly dazzled and amazed, trying to comprehend the events unfolding in front of them; Peter desperately wanting to stay there in that awesome moment! Sometimes prayer comes easily to us and we can feel the presence of God surrounding us. Sometimes it's a lot more difficult and we have to decide to pray because it doesn't come naturally, like a "surge of the heart" as St Therese once called it. Let's not overcomplicate things: What did God the Father tell the three apostles in that scene? *"This is my Beloved Son, listen to Him."* Be in a relationship with Jesus, dialogue with Him. Speak to Him from your heart and allow Him to speak to you too. Actively listen to Him and what He wants to say to you, how He wants to guide you. Because we're busy people it's important to be strategic about this too: we need to be intentional in developing our relationship with Jesus. It's going to be pretty hard to listen to Him if our days are full of noise and busy-ness, rushing here and there, binging on Netflix or Xbox or Spotify.



**MISSION!**

CARVE SOME TIME INTO YOUR DAY, ESPECIALLY DURING THIS SEASON OF LENT WHEN WE ARE ENCOURAGED TO TURN BACK TO THE LORD THROUGH PRAYER, FASTING AND ALMSGIVING. CHECK OUT THE 3 X 5 EXAMEN IN THIS WEEK'S RESOURCE AND TRY TO BUILD IT INTO YOUR DAY. YOU COULD ALSO SET YOUR ALARM FIVE MINUTES EARLY (AND NOT HIT SNOOZE!) AND BEGIN YOUR DAY WITH A MORNING OFFERING. TUNE YOUR MIND INTENTIONALLY TO GOD EACH DAY, AND YOU'LL SEE THE EFFECTS IN YOUR LIFE!



**PRAYER TIME!**

Make a 3 x 5 Examen card and place it somewhere you will see it each day (or set a reminder on your phone with it). Get into the habit this week of pausing and asking God:

**What five things can I give thanks for so far today?**

**What five things did I not do as well as I could have?**

**What five things are coming up that I need God's help with?**



## CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON LETTING GOD BE PART OF YOUR DAY



- Keep me in the moment - Jeremy Camp
- God of all my days - Casting Crowns
- Whatever may come - Jeremy & Adrienne Camp
- Captivate us - Watermark
- God works in a mysterious way - Graham Kendrick
- Waymaker - Leeland
- Christ be all around me - All Sons & Daughters
- Lord I Need You - Matt Maher

Click the links for the YouTube videos to listen to some suggestions!



Fr Mark Mary CFR: The Best Way to Get Closer to God



Testimony: Rebecca - "I found God cared for me in all my little daily happenings..."



## 3 X 5 EXAMEN

*Pause in the middle of your day to reflect on these questions:*



### WHAT FIVE THINGS CAN I GIVE THANKS FOR SO FAR TODAY?

1

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2

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3

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4

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5

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### WHAT FIVE THINGS DID I NOT DO AS WELL AS I COULD HAVE?

1

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2

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3

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4

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5

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### WHAT FIVE THINGS ARE COMING UP THAT I NEED GOD'S HELP WITH?

1

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2

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3

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4

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5

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## **3 X 5 EXAMEN**

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