

# WHAT DO YOU SEEK?

## EXAMEN ADAPTATION

Adapted from the *Reimagine the Examen* App by Jessica Louwerse for Reclaim

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- Allow yourself to get comfortable and take a few deep breaths, letting go of any distractions.
- Take the next few moments to dwell in gratitude. Thank God for one or two of the blessings, big and small, you've received today.
- In Genesis 3, we read, "Adam and Eve heard the sound of the Lord God walking in the garden at the time of the evening breeze, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. But the Lord God called to the man, and said to him, 'Where are you?'"
- Now hear the voice of God in your heart asking, "Where are you?"  
Sit with the question for a few moments before even trying to answer the question, "Where are you?"
- Begin describing to God as best you can where you are today—mentally, physically, and most importantly, spiritually. Share with God your strongest thoughts and emotions. Release the desire to judge your thoughts and emotions; simply name them and give them over to God to hear and hold.
- Now using your prayerful imagination, listen for anything God may be trying to tell you in this moment. If you "hear" nothing, simply sit in God's presence as you share your response to the question.
- Then in John 1, we read, "The two disciples heard John the Baptist say, 'Look, the Lamb of God!' and they followed Jesus. When Jesus turned and saw them following, he said to them, 'What do you want?' or, in other words, 'What are you looking for?'"
- See Jesus' face before you, looking at you with love in his eyes. Hear him ask, "What do you seek?" Sit with the question for a moment before trying to answer.

- Now begin to answer Jesus' question in a concrete way. Tell him about your great desires for yourself, for your family or friends, your community, your work, and most importantly, your relationship with him.
- Listen for anything Jesus might be trying to tell you in this moment. If you "hear" nothing, simply sit in his presence as you share your response to as you share your response to the question.
- When you are ready, bring your attention gently back to the present moment and reflect on your experience.

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## REFLECT

- What are your initial reactions to the prayer or the experience of the prayer?
- What thoughts or emotions came up during the practice?
- Were there any moments that stood out to you?
- Did you encounter any challenges or discomfort during the practice?
- Revisit these questions and share if you feel comfortable:
  - Where are you [in life and in relationship to God?]
  - What do you seek [in life and in relationship to God?]

## PRACTICE

- Remember that people have different reactions to this exercise. There is no right or wrong response, only a true one.
- You are invited to practice this meditation on a weekly basis for six weeks, paying attention to how your responses are similar or change over time.
- This prayer may lead you into a deeper awareness of where you are in relation to God and may help you articulate the desires of your heart. Over time, you may find this awareness deepens your relationship with God and helps discover the heart of your desires.

