



FIRST UNITED METHODIST CHURCH  
214 East Jefferson Street, Iowa City 52240. (At the corner of Dubuque & Jefferson Streets)  
Phone 319.337.2857. *Lead Pastor, Rev. Dr. Barrie M. Tritle*

*Many Gifts, One Spirit*

**Sunday morning worship services at 8, 9:15, and 10:30 / Sunday School at 9:15**

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Growing Deeper and Going Farther  
by Pastor Barrie M. Tritle

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**Scripture for the Week of August 15, 2010**

**Hebrews 12:1-2, NRSV**

"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, <sup>2</sup>looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God."

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**Centering Quote**

*"The unexamined life is not worth living."*

Socrates

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**Reflections**

As we think of our lives, we desire a deep, rich relationship with God. In our fast paced world we are constantly experiencing changes in our lives. We need the constancy of our relationship with God to uphold us and strengthen us daily as we live our lives in this world. St Ignatius developed a five step practice of Daily Examen that helps shift our lives

towards God and experience the abundant life which Jesus promised. When we know ourselves and we serve others from the truest parts of who we are, we become fully alive in God's grace.

Five steps of Daily Examen: (Use a journal to record your steps.)

1. Remember that you are living in the presence of God. Psalm 139:7-8
2. Look over your day with a spirit of gratitude for how God has blessed you. Shift the focus from you to God. Psalm 139:14
3. Intentionally invite the Holy Spirit to guide you in your daily review. Psalm 139:23
4. Review your day. Psalm 139:17
  - What were the highs – what was life giving?
  - What were the lows – what was life depleting?
  - When did you fail?
  - When did you love?
  - Do you see any life habits or patterns that need addressing?
  - When did you see evidence of God's presence?
5. Reconcile and Resolve. Psalm 139:17  
Take time to consider where you might need to reconcile with God or another person and resolve to make it right as quickly as possible.

End your time of Daily Examen with the Lord's Prayer.

Psalm 139:1 *"O Lord, you have searched me and known me."*

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### **Questions to Ponder**

What are the three most prevalent thoughts that preoccupy your life and keep you from fully living in God's presence and for God's purposes?

Can you allow these thoughts be reframed by the Daily Examen spiritual practice so that you can draw more fully into God's presence?

Practice the Daily Examen this week each day and allow it to reshape, refocus, and renew your life.