

Daily Examen for the 21 Day Challenge

Find a contemplative space—a quiet room, a park bench, a spot under a tree or near a stream—any place where you can sit quietly to observe and reflect on the video or reading and what is happening in your life. During this time, guide your thoughts, feelings and memories through the three stages of reflection and prayer that are summarized below.

The first stage of your prayer time is a contemplation of the tension, deep remorse, stress, guilt, anxiety, even anger or fear you may have felt as a result of viewing or reading material in today's offering. Gently sift through (neither attaching to or rejecting, simply observing) your feelings, thoughts, memories that came up that brought stress, anxiety, fear, or anger. Do not reject or attach to any of these feeling, thoughts, memories, simply observe them and place them before the loving, liberating, justice-seeking presence of God and allow God's resurrecting power and energy to be present to you.

The second stage of your prayer time is a contemplation of the movements toward God or what we can call the "resurrecting" or "animating" feeling, thoughts or memories that come up as a result of the material in today's session. Gently sift through the feeling, thoughts memories—giving thanks experiences of joy, empowerment, energies that transformed anxiety, anger, or fear into empowerment for action. Then celebrate God's empowering, animating, and resurrecting justice and love.

The third Stage involves the commitment to be aware of these discernments and carry them with you through your day with the hope and confidence that in the power of the Spirit of the crucified and risen Christ we might become anti-racist people in our lives and actions; that the Spirit might transform fears, anger and anxieties into courage and action.

End each prayer period with intercession for others.