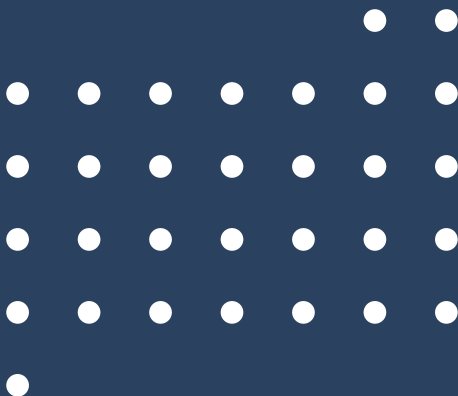


thepeopleschurch

## 31 DAYS OF PRAYER



**MORNING**  
**NOON**  
**EVENING**

PRAY A PSALM  
LORD'S PRAYER  
PRAYER OF EXAMEN

# Prayer of Examen.

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**1. RECALL** Think through key events and emotions of your day, and ask God to reveal His presence and activity.

**2. REJOICE** Gratefully recall moments of joy in your day. Thank God for His presence and for any blessings that come to mind.

**3. REPENT** Wherever you see words, thoughts, desires, actions or attitudes in your life that don't look like Jesus, confess, receive His grace, and ask for His Spirit to empower you.

**4. RENEW** With hope, consider tomorrow. Ask God for wisdom, strength, and boldness to walk in the way of Jesus.

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