



INCARNATION
ANGLICAN CHURCH

Incarnation Examen

1. **Ask God for light.** Become aware of God's presence in our church at this particular time and place. Invite the illumination of the Holy Spirit. Ask God to bring clarity and understanding.
2. **Give thanks.** Reflect on Incarnation and your experience in this church. (Possible things to consider: Sunday worship, special seasons/holidays, children, small groups, sermon series, volunteering, community life, music, outreach, financial giving, personal spiritual growth, prayer, retreats, etc.) What gifts has God given our church? What gifts has he given you through our church? Give thanks for every good gift.
3. **Reflect on your experiences.** Notice your emotions as you reflect on your experience at Incarnation. When have you experienced *consolation* (God's closeness; an increase of faith, hope, and love; inner peace; a desire for transparency)? When have you experienced *desolation* (God's distance; a lack of faith, hope, and love; inner disquietude, agitation, boredom, fear, and worry; a desire for secrecy)? What patterns do you notice?
4. **Pray from your Reflections.** Choose one aspect of your experience at Incarnation and pray about it, seeking God's guidance and insight. Keeping all of this in mind, prayerfully consider:
 - What hopes do you have for Incarnation?
 - What hopes do you have for your own participation in Incarnation?
 - How do you sense God is calling Incarnation in this particular time and place?
 - Is there anything that might need to change?
5. **Look toward tomorrow.** What do we need to face the days ahead? Ask God to provide.

Just for Fun Questions

Quick responses, no explanation, no overthinking!

- What is a one-word prayer for Incarnation in the coming year?
- If you had to describe Incarnation in just three words, what would they be?
- What story or verse from scripture seems especially relevant to Incarnation?
- If Incarnation were a color, what color would it be?
- If Incarnation were an animal, what animal would it be?
- If Incarnation were a song, what song would it be?