

PART III: God is Looking For YOUR WORSHIP

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📌 Práctica	Espiritualidad En La Era De La Tecnologia

WORSHIP AND PRAYER.

TALK ABOUT LAST WEEK'S PRACTICE.

The practice was to have two times of prayer. In the morning (based on the Lord's Prayer) and the Daily Office during the day once

- How did it go with the Daily Office?
- Would someone like to tell us about a "victory" they had or an anecdote to encourage others?
- How does the day change by having two times of prayer to give our attention to God?
- What is the biggest obstacle to giving our attention to God during the day and what can we do about it?

READ THIS SUMMARY.

Worship is not singing songs on Sunday or playing "Christian" music in the car while we are driving. Worship is what we have first in our lives, and we give it our time, space, and attention. Where most likely, you have occupied the first place and then God

But if we want to live an emotionally healthy and spiritually connected life, we must return our worship to God through contemplation. What you do the most in quiet moments are the things that satisfy you the most and fill your soul, which for most is technology (phones, TV, work, hurry, etc.)

God is inviting us to give him our wordhip and contemplation, just as an artist gives his attention to works of art

TALK ABOUT SUNDAYS TEACHING.

- What stood out to you about Sunday's teaching?
- Pastor said, "Let's look at what technology is today. **It is an act of contemplation.** Where we spend extraordinary time contemplating, giving our time and space. Hours and hours contemplating what others do, give their opinion to, think.....and waiting to see what they say about me. That is contemplation
 - What does that make you think of your own life?
- In an honest and non-judgmental way, who would like to share what is the last thing you do before going bed and how do you think that affects your sleep, dreams, attention, and how you wake up the next day
- Why do you think that as a society we are so scared of silence and not being distracted, especially in the hours before bedtime? What are we running from or what are we hiding?

READ THE BIBLE TOGETHER.

Psalm 63:1-5

- What strikes you the most about David's words?
- How does your perspective change or challenge you, knowing that David wrote these words when he was in the desert, running from his own son, who had taken his rein and wanted to kill him?

Psalm 27:4

- On a scale of 1 to 5 (1 being low and 5 being high), honestly and without guilt, how much can you identify with David's desire that "what he longs for most is to be in the house of God" (referring to the presence of God, and not the physical church)?

DO THIS PRACTICE AS A COMMUNITY RIGHT NOW.

Being an apprentice of Jesus means reorganizing our lives to primarily be with Jesus. Two weeks ago you started with the first step, **giving your time to God**, which starts with the first thing you do in the morning. Last week, we did **the daily office** with the intention of refocusing and giving your attention to God during the day. Today, we will end this practice by giving to God what is probably one of the most difficult moments, **the last few minutes before falling asleep**

Science tells us about the importance of being careful of; 1) to the first thing we do in the first minutes of the day and 2) to what we do in the last minutes of the day. Taking care of what we do in those two important moments will lead us to live an emotionally healthy life

And God tells us not to put other gods above him, and give him our worship. **Today, we will be learning the prayer of examen, so that it is the last thing we do in the day, as an act of contemplation and worship towards God**

Practice.

1. Step One:

- Analyze how you are doing with morning prayer and daily office and make any changes you feel you should make.
 - change the time of the daily office
 - set an alarm to remind you about the daily office
 - start a little earlier in your morning prayer
 - start a little later in your morning prayer
 - add a couple of minutes to your morning prayer
 - going to sleep earlier the night before
 - Etc.

- Remember, we are not looking for perfection **but to practice**. It's like when you start going to the gym for a couple of weeks and then you take some time to analyze what changes you should make **to continue improving and growing**

2. Step Two:

- The prayer of examen takes on average between 5 and 7 minutes. And the goal is that it'll be the last thing you do at the end of the day as an act of worship to God.
- On the sheet that we have used for the last two weeks, where it says PART III: God Is Looking for YOUR WROSHIP, write what time you are going to do the prayer of examen. In other words, five minutes before you go to bed
- And then write what radical decision you are going to make to carry out this practice
 - Turn off my phone half an hour before going to sleep
 - Buy an analog alarm and leave my phone in the dining room.
 - Set a time when I go to sleep.
 - Don't turn on the tv at night or watch series at night
 - Set a time to stop scrolling on social media
 - As a family, we are going to set a time where we are all going to stop using our phones at night and we are going to do the prayer of examen together
 - As soon as I get home I'm gonna disnconnect from work
 - Be creative.

3. Step Three:

- Now we are going to do the prayer of examen together so that you know how to do it in your own time
 - The prayer of examen is not to give a grade to our day, as we normally think of an exam or test.
 - The prayer of examen is about seeing, analyzing, and examining where God was with us in the experiences of our day
- let's practice it

- put your phone on the floor or backpack
- get in a comfortable but alert position
- now the failitador will read the guide so you can follow
 - **Step One: Review the day in your mind and find a moment of blessing.** Notice where God has been active on this day. Find a time when you felt a blessing (something good) from God in your life, even if it's little. Thank God for allowing you to experience his blessing
 - **Step Two: Name the strongest feeling you have experienced today.** This step is focused on acknowledging a strong emotion that you felt during the day. What particular emotion did you feel strongly about? Give that particular feeling a name: joy, depression, anger, satisfaction, hope, shame, regret, confusion, compassion, doubt, fear, anxiety, gratitude, love etc. Ask God about those reactions. "Why did I feel that so strongly?" "Does this strong reaction reveal my faith in God, or lack of faith?"
 - **Step Three: Share that strong emotion with Jesus.** Be honest with Jesus about what "caused" this strong emotion in your life. Ask Jesus if he ever felt the same way you felt when he lived on earth like us. You can go to a passage in the Gospels, where you think He reacted as you did. Read that text and explore Jesus' response.
Ask yourself, Would Jesus act like I did if he were in my shoes or would he do it differrnrly?
 - **Step Four: Close with prayer and action.** Close by praying based on the last point.
If your strongest emotion was that you screamed at your parent, friend, or teacher, ask God for forgiveness and for him to give you the courage to ask that person for forgiveness the next day. If your strongest emotion was joy. Thank God for being good. If your strongest emotion was anxiety, ask the Father to remind you that He is in control of everything

4. Step four:

- When you finish praying, go to sleep. If you didn't fall asleep in the middle of the prayer

READ THIS WEEK'S PRACTICE.

- This week's practice will continue with the morning prayer, the daily office and now we are going to add the prayer of examen.
- At the beginning it will be difficult to do the three rhythms, **that's why we are practicing**. So that it is more and more in your ability to do it
- If one day you didn't do it, no worries. Come back the other day.
- The goal is to do it Monday through Friday
- Remember that the purpose of this practice is not to earn God's love, you already have it. **These practices are to help us live emotionally healthy and spiritually connected in the chaos of the modern world**

BEFORE FINISHING

- Who is excited and challenged by this new practice?
- Who would like to tell us what your radical decision to do the prayer of examen?
- What do you think is going to be the hardest thing about giving your attention to God in the middle of the day?
- Does knowing that you are not the only one who is doing it help you; but that everyone from your community and from Casa Evidencias are also on this adventure with you?

DOES ANYONE HAVE A QUESTION ABOUT THE PRACTICE?

PRAY BASED ON THE PRACTICE TO END.