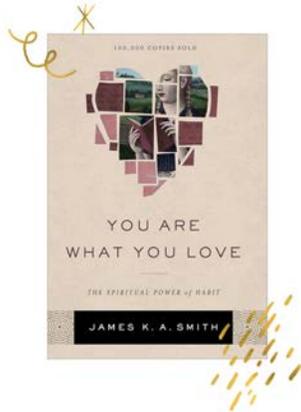




“We learn to love, not primarily by acquiring information about what we should love but rather through practices that form the habits of how we love.”
— James K.A. Smith



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1. Lose weight/Get fit
 2. Eat Healthier
 3. Drink less alcohol
 4. Spend less time on social media
 5. Spend less/Get out of debt
 6. Read the Bible more



“I am the God of your father, the God of Abraham, the God of Isaac and the God of Jacob.” At this, Moses hid his face, because he was afraid to look at God...”



“I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering. So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land...
But Moses said to God, “Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?”

And God said, “I will be with you. And this will be the sign to you that it is I who have sent you: **When you have brought the people out of Egypt, you will worship God on this mountain.**”

Moses said to God, “Suppose I go to the Israelites and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, ‘What is his name?’ Then what shall I tell them?”

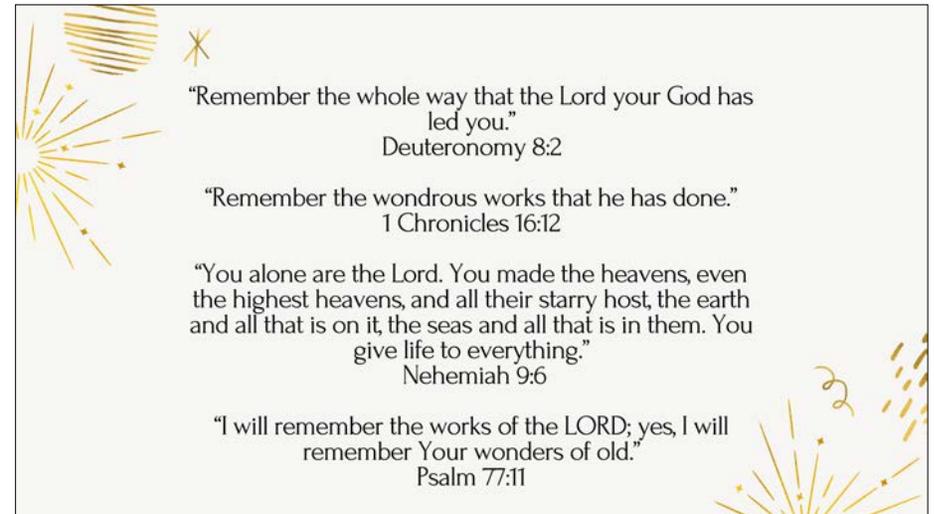
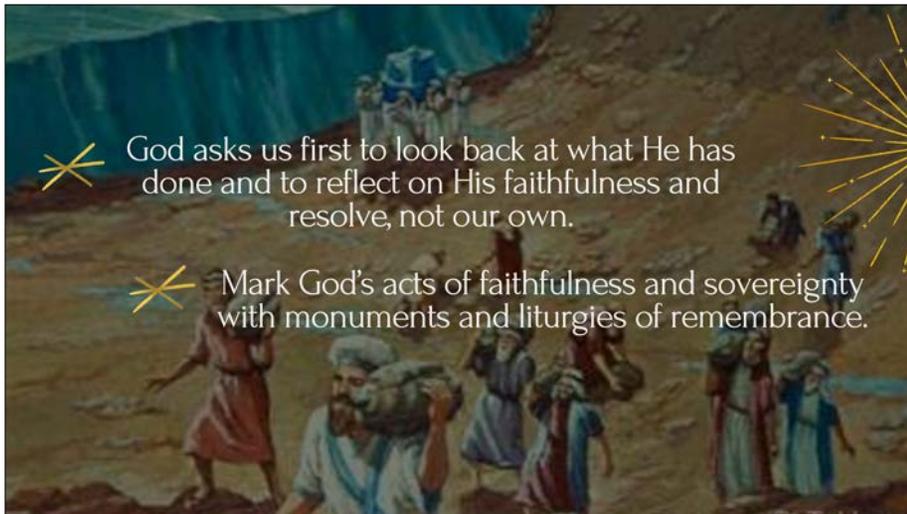
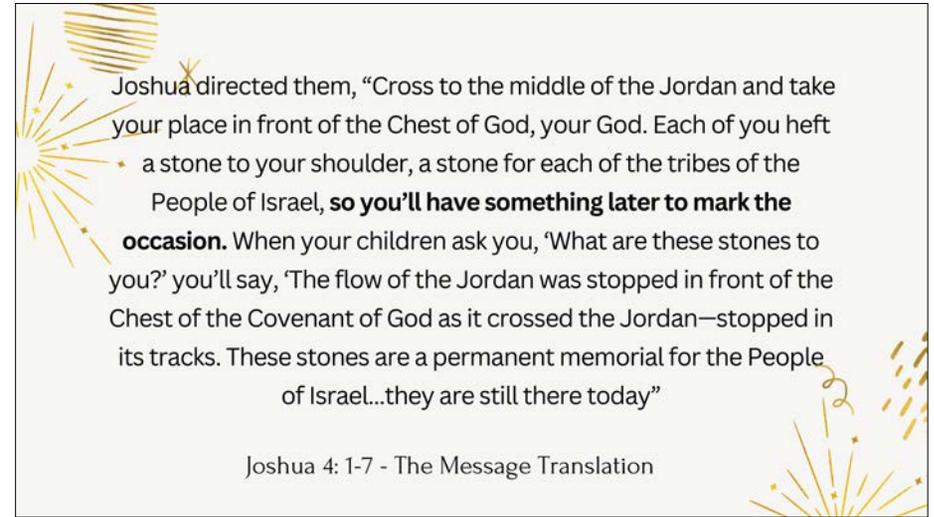
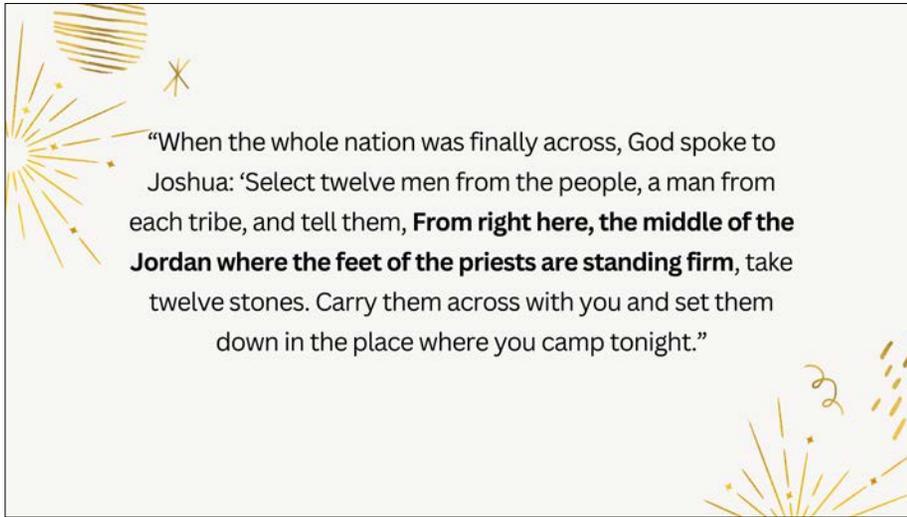
God said to Moses, “**I am who I am.**” This is what you are to say to the Israelites: ‘I am has sent me to you.’”

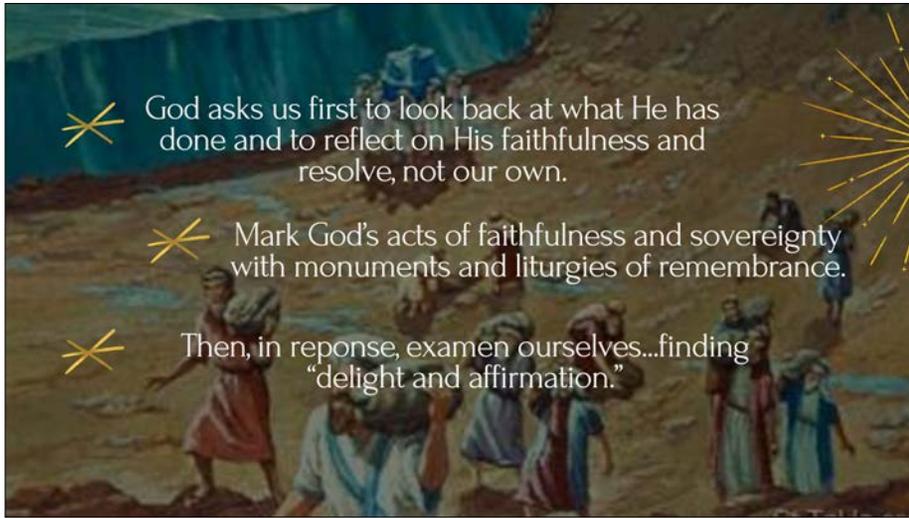
God also said to Moses, “Say to the Israelites, ‘**The Lord, the God of your fathers**—the God of Abraham, the God of Isaac and the God of Jacob—has sent me to you.’”

“This is my name forever,
**The name you shall call me
from generation to generation.**”

God asks us first to look back at what He has done and to reflect on His faithfulness and resolve, not our own.



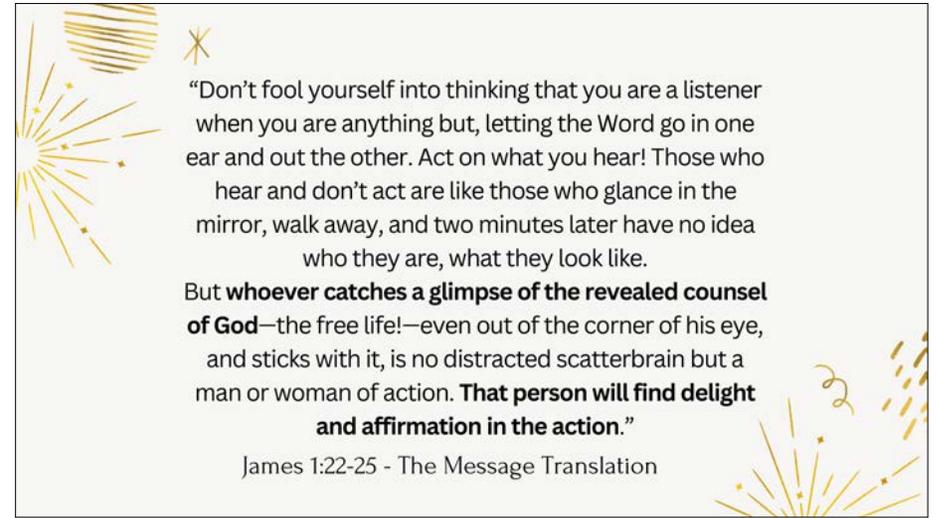




✧ God asks us first to look back at what He has done and to reflect on His faithfulness and resolve, not our own.

✧ Mark God's acts of faithfulness and sovereignty with monuments and liturgies of remembrance.

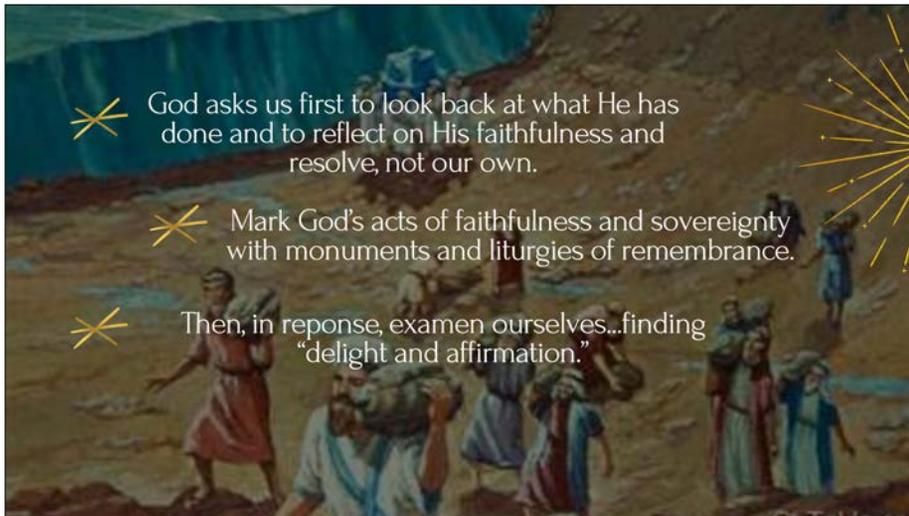
✧ Then, in reponse, examen ourselves...finding "delight and affirmation."



✧ "Don't fool yourself into thinking that you are a listener when you are anything but, letting the Word go in one ear and out the other. Act on what you hear! Those who hear and don't act are like those who glance in the mirror, walk away, and two minutes later have no idea who they are, what they look like.

But **whoever catches a glimpse of the revealed counsel of God**—the free life!—even out of the corner of his eye, and sticks with it, is no distracted scatterbrain but a man or woman of action. **That person will find delight and affirmation in the action.**"

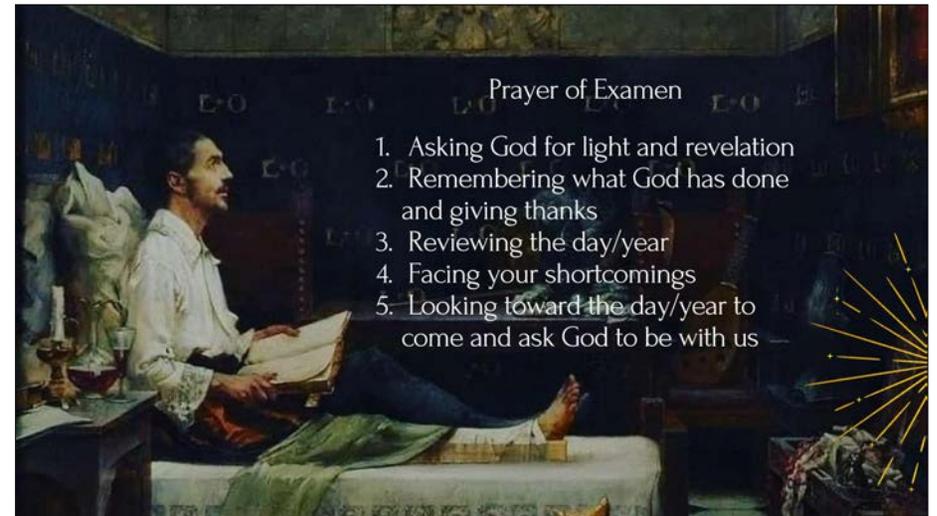
James 1:22-25 - The Message Translation



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Prayer of Examen

1. Asking God for light and revelation
2. Remembering what God has done and giving thanks
3. Reviewing the day/year
4. Facing your shortcomings
5. Looking toward the day/year to come and ask God to be with us