**An Examen for Renewing My Mind**

“…be made new in the attitude of your minds;and put on the new self, created to be like God in true righteousness and holiness.”

-Ephesians 4:23

I begin by thanking God; by re-centering the creation around its Creator. As I take in a breath, I recognize that God alone provided it. And as I exhale, I give it back to Him. I thank Him for life today.

I ask for guidance as I review my day. May I look at everything with the heart of God: grace for times when I fell short and joy for times when I spoke the gospel without words.

As I exhale, I give those times when I fell short to God:

Where did I let fear stop me…

from loving Him and others fully?

from speaking truth?

from stepping toward the purpose He has for me?

As I inhale, I take in grace for those moments:

I remember that God did not give me a spirit of fear, but of power and of love and of a sound mind[[1]](#footnote-1).

I remember that He is strength in my weakness.

I remember that is about Him and not me.

There is rest here.

May I remember that He is a God of redemption. That renewal is simply a taking off and a putting on. I lay down my purposes and take up His.

I end by resolving to begin my day tomorrow with a renewed sense of what God has for me.

* **Megan Martin**

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1. 2 Timothy 1:7 [↑](#footnote-ref-1)