

El Roi: The God of Seeing
Prayer Exercises to Help you See God Seeing You

I. Appreciating Jesus as our Good Shepherd

- Since Jesus says he is our good shepherd (John 10:11), we can pray through the verses in this psalm, thanking Jesus for all of the ways he promises to care for us. Tell him what you appreciate about his character as revealed in each verse of this psalm or thank him for any all the ways you can think of that he has shown this kind of care to you. You can also write notes about these things between these verses:

The Lord is my shepherd, I shall not want . . .

He makes me lie down in green pastures . . .

He leads me beside quiet waters . . .

He restores my soul . . .

He leads me in paths of righteousness for his name's sake . . .

*Even though I walk through the valley of the shadow of death, I will fear no evil, for you
are with me . . .*

Your rod and your staff they comfort me . . .

You prepare a table before me in the presence of my enemies . . .

You anoint my head with oil . . .

My cup overflows . . .

Surely goodness and mercy will follow me all the days of my life . . .

And I will dwell in the house of the Lord forever . . .

II. A prayer of Examen: Cultivating Consciousness of God's Gifts and His Presence

- Close your eyes. Take a breath.
- Ask the Lord to help you recall the past 24 hours, to look for places in your day when you become aware of his gifts to you or his presence with you.
- Maybe you heard a song at just the right time or enjoyed a warm cup of coffee. Maybe a friend called you or you felt a spark of joy when you saw a tree in your front lawn. Just walk through

your day in your mind, watching for awareness of any of these gifts. Record them in your journal and take time to thank God for each one. Tell him how those gifts make you feel.

- Savor the joy of knowing God sees you and has loved you in these ways
- If you have time, you might do the same exercise for the season of summer, or for the past year.
 - This is an exercise you can do every day!

Treasuring a Joyful Memory

- Ask the Lord to help you recall a joyful memory—a time when you felt especially close to God or simply grateful.
- Go back to that memory in your imagination. Recall as many details as possible—sights, smells, sensations, emotions.
- Turn these details you have recalled into thanksgiving to the Lord—thank him for everything you can truly appreciate about the gift of that memory.
 - Soak in the joy of God loving you in that memory
 - Give the memory a name—Hawk at Dawn, Birth of Joe, Dinner with Jones’, etc.
Record the name of the memory and the things you are thankful for in your journal. You can return to this memory and to giving thanks for it many times. It is now in your treasure-bank of joy-strengthening, God-bonding memories. You can also add to this bank of memories as others arise for you—collect as many as you can!

Helpful Verses: Psalm 103:1-3, 2 Cor 3:18, Col 4:2, Phil 4:6, Col 2:6-7, 1 Thes 5:18, Eph 5:20