

Preaching Dates

Friday 21 February 2020

Elizabeth De Silva at
Aglow International Lunch, Stranraer

Saturday 22 February 2020

Frances Bloomfield at
Uddingston Baptist Church

Sunday 23 February 2020

Stephen Ilett (am) at Nairn Baptist Church

John Locke (am) at
Cumbernauld Baptist Church

Alistair Mackay (am) at The Granary -
McCarthy Stone, Dumfries

Charles Sommerville (am) at
United Free Church Broxburn

George Sprott (am) at
Hawick Baptist Church

Hugh Tannock (am) at Vale of Leven
Baptist Church, Alexandria

Scott McKenzie (pm) at
Cowdenbeath Baptist Church

Charles Sommerville (pm) at
Whitburn Christian Fellowship

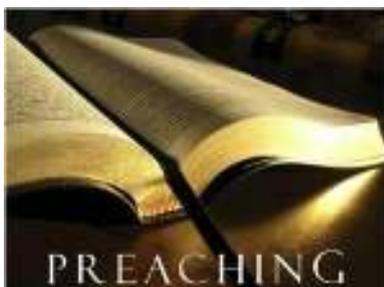
Hugh Tannock (pm) at
Drumchapel Baptist Church

George Thomson (am + pm) at
Larkhall Baptist Church

Wednesday 26 February 2020

Hazel Brooks (pm) at
Mosspark Parish Church, Glasgow

Charles Sommerville (pm) at
Shettleston Baptist Church



“The Prayer of Examen”

By Mark Laing

Lord you have searched me and know me (Psalm 139:1)

I've recently been encouraged to take ten minutes each evening to review the day and work through the Prayer of Examen. We acknowledge the Lord is always with us. But we may not be aware of his presence, especially in the busyness of work and family life. The examen helps us tune our spiritual antennae so that we are more aware of the Lord throughout the day, and more able to turn to him at any moment of the day. The practice of a daily examen has been popular in Roman Catholic traditions since Ignatius of Loyola (1491-1556) first introduced his spiritual exercises when he founded the Jesuits. His spiritual exercises have, more recently, been popularised by prominent Baptists such as Tony Campolo (The God of Intimacy and Action, Campolo & Darling: 2019).

So what does it entail? The main principle is to reflectively pray over the day allowing the Holy Spirit to prompt and impress upon you what the Lord has been saying to you in this day. Specifically there are five elements to the prayer (from Reimagining the Ignatian Examen, Thibodeaux: 2015,)

- Give thanksgiving
Review the day and give thanks for the big and small things that I am grateful for in this day.
- Ask for the Spirit
The danger is to lapse into self-critical introspection which can tend to denial or self-pity. Rather we want the Holy Spirit to guide our thinking.
- Review and recognise failure
Ask the Lord to point out moments when I have failed in big or small ways.
- Ask for forgiveness and healing
For healing from any harm that may have been done and the wisdom to discern how to cope with a similar situation again.
- Pray about the next day
Ask the Lord to show how tomorrow might go. Ask for help for any for any moments that I foresee as being difficult.

These steps can be summarised into 5 Rs

- Relish - the moments that went well and the blessing's I've received
- Request - the Spirit to lead me through my review
- Review - the day
- Repent - of any mistakes or failures
- Resolve - in concrete ways, to live tomorrow well

As a Baptist I would encourage you to give it a try and not be concerned by the Roman Catholic terminology. A good place to start is by using a Psalm such as Psalm 139 for your prayer.