

## WRAP<sup>1</sup>

Bring your Bible, a journal, and a pen to a quiet place, & open to a Gospel passage (perhaps the daily reading). Usually, 10-12 verses is an ideal length for prayer. Ask the Holy Spirit for an open heart and the gift of prayer.

Then follow the steps of WRAP:

**Write** — Read the passage slowly, listening for a word, phrase, or image that captures your attention. Write this down in your journal.

**Reflect** — Read through the passage a second time, using your imagination and intellect to reflect on what is happening. Write this reflection in your journal.

**Apply** — Read through the passage a third time, making it personal as you apply the passage to yourself. Where are you in this story? Write down this application in your journal.

**Pray** — Write a simple, honest prayer back to God in response to the word he has spoken to you, expressing the movements in your heart. Close your time of prayer with the Our Father.

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<sup>1</sup> Karen L. Dwyer, PhD/ Lawrence A. Dwyer, JD, *WRAP Yourself in Scripture*. The Institute for Priestly Formation.

## ARRR

**Acknowledge** your feelings, thoughts, and desires. Without analyzing, critiquing, judging, or filtering, simply notice what is happening in your heart.

**Relate** them to Jesus as to a friend, as to your Savior. Honestly entrust everything to Jesus, knowing that he is present, that he listens, that he sees, that he cares and takes interest in you.

**Receive** from Jesus his response of grace, assurance, truth. Allow God to open your heart to receive his love and life. Thoughts, feelings, and desires that draw you toward God ARE God pouring his love, life, and grace into you.

**Respond** to his loving action with my own love, thanks, and praise. Gratitude is the heart's natural response to God's love. A response flowing from the experience of God's love is accompanied by joy and is immensely fruitful.

# The Examen

## Prayer for the Light

I need to have my eyes opened to see as God sees, so I ask the Holy Spirit to help me know myself as a beloved son/daughter of the Father.

## Thanksgiving

This day and everything in it is a gift from God. Thanksgiving will help me to discover God's daily gifts and to praise God in every circumstance. Now I tell God today what I am thankful for.

## Examination

How have I concretely responded to God's grace and invitation over this past day? How was I drawn to him? Where did I meet him? How did his word come alive? How was I loved by him? How did I show love?

## Sorrow

Even the awareness of my sinfulness is still a gift from God. I express sorrow to God for the ways I have failed to respond to his love at work in me.

This leads to:

- Wonder at constantly being brought home
- Joy and gratitude because I share the victory of Christ
- Mistrust of self and trust in God
- Serene acceptance of my weakness
- Conviction that I am being converted from a sinner into a child of God

## Hope for the Future

I ask where I need God in the days to come, confident that all the meetings and events of the next hours and days will be full of gifts from God and opportunities to grow and experience his love.

*“Forgetting what lies behind but straining forward to what lies ahead, I continue my pursuit toward the goal, the prize of God’s upward calling, in Christ Jesus.”  
(Phil. 3:13-14)*