

**Sermon for Sunday 4 November, 2018.**

**Self-examination.**

**Three lists:**

**John Calvin's five purposes of prayer:**

- To approach God with every need.
- To present Him with all our supplications.
- To encourage humility.
- To contemplate God's generosity.
- To confirm God's providence in our lives, instilling a spirit of delight, when He answers our prayers.

**Ignatius Loyola's five stages of the self-examen:**

*Stage one* – give thanks for all the things we are grateful for today.

*Stage two* – invite the Holy Spirit to guide our meditation, and in particular any difficult soul searching we need to do.

*Stage three* – Look back over the day, and identify any shortcomings, any failings, any sin.

*Stage four* – Ask God for forgiveness, and for His help to get over it, and move on.

*Stage five* – Pray about the next day. Think of the things we know about, the decisions we need to make, the people we will be meeting, and especially the potential temptations. For God to guard and guide us.

**OR, the five stages in the form of the "five R's" mnemonic:**

RELISH, the moments that went well.

REQUEST, the Spirit to lead.

REVIEW, the day.

REPENT, mistakes, failures, sin.

RESOLVE, to live tomorrow well.