

Discussion Questions For LentEN D-Groups

Week 5: Examen

**These questions can be used whether you are in a D-Group over the course of Lent or praying on your own. The goal of these questions in relation to our D-Groups is to have group members share their experiences; these questions are not a checklist that you have to tick, but are provided simply as optional conversation-starters.*

1. Share about your experience with *Examen*:
 - a. Have you ever practiced the *Examen* before, or was this your first time?
 - b. Was the practice itself easier or more difficult than you thought it would be?
 - c. Could you see yourself incorporating the *Examen* into your life going forward?
Why or why not?
2. Was there one prompt/section that allowed you to be more honest and vulnerable with the Lord than another?
3. Did the Lord bring something to mind for which you expressed gratitude? Did He remind you of His empowerment in your life? If so, share with the group.
4. What did the Lord reveal to you concerning the traits of faith, goodness, knowledge, self-control, endurance, godliness, mutual affection, or love in your own life?
5. Share anything else that you would like about your prayer time with the group.