

## Expose Our Hearts

### Description

[RG AUDIO 022720](#)

1 Corinthians 4:1-13

Paul says true apostles must be open to a full heart examination (1 Corinthians 4:2). He explains this examination comes from the Lord himself, the only right judge, if we will but wait before Him. “

We have to allow this kind of examen; even desire it. It comes with intentionality. The *Prayer of Examen* is a spiritual exercise developed by St. Ignatius of Loyola (1491-1556).

“Where do I recognize God’s presence? Where was God’s Spirit touching me or someone else? In my thoughts and actions, when was I the most Christ-like? When did I fall short? I trust and receive God’s forgiveness for any actions that may have been uncaring or harmful to other people, creation, or myself. I look forward to tomorrow, with a decision to be more conscious; to be more aware of God’s presence living within me and to act and respond as the Lord Jesus would.”

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