



BEYOND THE BOX

WISDOM FOR LIVING BEYOND THE BALLOT BOX

RESOURCE GUIDE

GUIDELINES FOR COMMUNICATION

1. **Try on** – Open yourself to experience or adopt ideas, practices or perspectives different from your own before making a judgment call about their validity. After “trying them on,” you can choose to “take them home,” adopting these new ideas for yourself, or “leave them at the store,” while gaining greater respect and empathy for others.
2. **It’s OK to disagree** – Multiple, divergent viewpoints may be expressed. Everyone is invited to share a perspective, even if it seems to be different than the perceived “majority” in the room.
3. **It’s not OK to blame, shame or attack ourselves or others** – Using words, actions, postures or vocalizations that discount others’ sharing. “I have a different opinion,” is welcome; “Your opinion is stupid,” is unwelcome. In addition, we want to avoid discounting our own experience with caveats like “This might be wrong, but ...” or “I’m not that smart, but ...”
4. **Practice self-focus** – Speak only for yourself! Use “I” statements when expressing ideas or engaged in dialogue in order not to speak on others’ behalf, or to ensure you take full ownership of your opinions or feelings. For example, “I am angry,” is a different statement than, “People are angry.”
5. **Notice process and content** – Notice both *what* is said or done, in addition to *how* it is said or done. Process can include body language, tone of voice, setting, timing, or who is present during the interaction.
6. **Notice intent and impact** – Notice how your words and actions are received by others; consider the potential impacts that what you say or how you say it could have on others. In addition, when experiencing a negative impact yourself, be curious about the intent of the person from whom you received the impact.
7. **Practice both/and thinking** – Avoid either/or, or zero-sum, thinking. Recognize that divergent experiences can all hold truth for the persons who experienced them. Begin practicing this by utilizing the word “and” where you might previously have used “but.” This can also allow you to honor multiple, divergent feelings or experiences you personally are having or have had as well.

THE DAILY EXAMEN

The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern God's direction for us. The Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience.

The method presented here is adapted from a technique described by Ignatius Loyola in his Spiritual Exercises. St. Ignatius thought that the Examen was a gift that came directly from God, and that God wanted it to be shared as widely as possible. One of the few rules of prayer that Ignatius made for the Jesuit order was the requirement that Jesuits practice the Examen twice daily—at noon and at the end of the day. It's a habit that Jesuits, and many other Christians, practice to this day.

This is a version of the five-step Daily Examen that St. Ignatius practiced.

1. **Become aware of God's presence.**
2. **Review the day with gratitude.**
3. **Pay attention to your emotions.**
4. **Choose one feature of the day and pray from it.**
5. **Look toward tomorrow.**

Choose two times each day that you plan to take a pause to examine your heart, mind, body, and soul, guided by The Daily Examen framework above. Some weeks have a special prayer focus to help you navi-gate this journey in love.

Learn more about St. Ignatius and The Daily Examen at www.ignatianspirituality.com/ignatian-prayer/the-examen/

WEEK ONE: SEEK WISDOM

Proverbs 2:1-11

Prayer practice for this week:

After reading the centering proverb for the day and sitting in silence listening to God's word for you, pray the Examen prayer of St. Ignatius following these steps:

1. Light – ask God for the light and wisdom to examine your day, your heart, and your intentions.
2. Thanks – Give thanks to God for the day you have had and name what you are grateful for today.
3. Review:
 - ✓ How did I love today?
 - ✓ Where were moments I did not love or may have done harm?
 - ✓ In what moments did I not seek wisdom or try on other perspectives?
 - ✓ Pray: God, for all the things I have done, I am grateful for your callings; and for all the things I have left undone or missed the mark, I ask your forgiveness.
4. Tomorrow – look forward to how God will give you new opportunities to do no harm and to love.

MONDAY: Proverbs 2: 1-5

Pray for an openness for your own wisdom.

TUESDAY: Proverbs 2:6-11

Pray for wisdom for your loved ones.

WEDNESDAY: Proverbs 10:8-19

Pray for the wisdom of St. Luke's staff and lay leaders.

THURSDAY: Proverbs 12:1-3

Pray for the wisdom of St. Luke's congregation.

FRIDAY: Proverbs 15:19-23

Pray for the wisdom of all voters.

SATURDAY: Proverbs 24:3-7

Pray for the wisdom of our community, state, and national leaders.

WEEK TWO: DO NO HARM

Proverbs 15:1-8; 17-18

Prayer practice for the week:

After reading the centering proverb for the day and sitting in silence listening to God's word for you, pray the Examen prayer of St. Ignatius following these steps:

1. Light – ask God for the light and wisdom to examine your day, your heart, and your intentions.
2. Thanks – Give thanks to God for the day you have had and name what you are grateful for today.
3. Review:
 - ✓ How did I love today?
 - ✓ Where were the moments I did not love or may have done harm?
 - ✓ When did I forget to hear and validate other's perspectives?
 - ✓ Pray: God, for all the things I have done, I am grateful for your callings; and for all the things I have left undone or missed the mark, I ask your forgiveness.
4. Tomorrow – look forward to how God will give you new opportunities to do no harm and to love.

MONDAY: Proverbs 15:1-8

Pray to ask for healing for harm I've experienced.

TUESDAY: Proverbs 15: 17-18

Pray and invite the Spirit to reveal harm I have caused.

WEDNESDAY: Proverbs 11:11-17

Pray for the Spirit to show me how to seek forgiveness and mercy.

THURSDAY: Proverbs 12:13-25

Pray for the harm I see in my community.

FRIDAY: Proverbs 22:1-11

Pray for the courage to disagree with grace and love.

SATURDAY: Proverbs 6:16-19

Pray for other St. Lukers who are doing this work with you so we start a movement of kindness.

WEEK THREE: FOCUS FORWARD

Proverbs 4:23-27; 26:16-23

Prayer practice for this week:

After reading the centering proverb for the day and sitting in silence listening to God's word for you, pray the Examen prayer of St. Ignatius following these steps:

1. Light – ask God for the light and wisdom to examine your day, your heart, and your intentions.
2. Thanks – Give thanks to God for the day you have had and name what you are grateful for today.
3. Review:
 - ✓ How did I love today?
 - ✓ Where were moments I did not love or may have done harm?
 - ✓ When did I blame, shame or attack another?
 - ✓ How have I focused forward even when it was hard?
 - ✓ When did I not consider my impact or intent as I spoke to someone or maybe didn't seek to notice someone else's intent or impact?
 - ✓ Pray: God, for all the things I have done, I am grateful for your callings; and for all the things I have left undone or missed the mark, I ask your forgiveness.
4. Tomorrow – look forward to how God will give you new opportunities to do no harm and to love.

MONDAY: Proverbs 4:23-27; 26:16-23

Pray and invite the Spirit to keep my heart, mind, and soul focused on God.

TUESDAY: Proverbs 26:16-23

Pray for humility and self control as I interact with others.

WEDNESDAY: Proverbs 3:3-16

Pray for the courage and wisdom to stay faithful in thought, word, and deed.

THURSDAY: Proverbs 8

Pray for my tongue to use words that heal.

FRIDAY: Proverbs 9

Pray to focus forward in wisdom and avoid gossip and distraction.

SATURDAY: Proverbs 10

Pray for other St. Lukers on this journey so the words of our mouths and meditations of our hearts are acceptable in your sight, Lord.

WEEK FOUR: WE THE PURPOSE-FULL

Proverbs 27:9-11; 31:8-9

Prayer practice for this week:

After reading the centering proverb for the day and sitting in silence listening to God's word for you, pray the Examen prayer of St. Ignatius following these steps:

1. Light – ask God for the light and wisdom to examine your day, your heart, and your intentions.
2. Thanks – Give thanks to God for the day you have had and name what you are grateful for today.
3. Review:
 - ✓ How did I love today?
 - ✓ Where were moments I did not love or may have done harm?
 - ✓ How have I been Kingdom Purpose-full in my actions to reveal God's kingdom for others?
 - ✓ When was I more judgmental than curious with someone?
 - ✓ Pray: God, for all the things I have done, I am grateful for your callings; and for all the things I have left undone or missed the mark, I ask your forgiveness.
4. Tomorrow – look forward to how God will give you new opportunities to do no harm and to love.

MONDAY: Proverbs 27:9-11

Pray for ways to see and serve your family and loved ones and see them through the eyes of these elections.

TUESDAY: Proverbs 31:8-9

Pray for ways to see and serve St. Luke's congregation and see them through the eyes of these elections.

WEDNESDAY: Proverbs 11:12

Pray for ways to see and serve your neighbors and see them through the eyes of these elections.

THURSDAY: Proverbs 21: 1-8

Pray for ways to see and serve the diverse cross section of neighbors in our city and State and see them through the eyes of these elections.

FRIDAY: Proverbs 20: 1-12

Pray for ways to see and serve people in other political parties and see them through the eyes of these elections.

SATURDAY: Proverbs 16:10 – 33

Pray for ways to see and serve our nation and pray for all of the candidates to seek wisdom, do no harm, focus forward, and have a vision for "we, your people."



ST **LUKE'S**
UNITED METHODIST CHURCH

4851 S. APOPKA-VINELAND RD.
ORLANDO, FLORIDA 32819
407.876.4991
www.st.lukes.org