

welcome

We hope and fully expect that you'll encounter God this morning and even meet a few warm-hearted people as well.

You can expect the service to last around an hour and a half.

reservoir families

We're excited about your kids! We have designed special programs and services just for them that happen concurrently with the 9:30am service. Kids are also always welcome in the main services.

today's service

OPENING SONG

WELCOME & ANNOUNCEMENTS

SERMON

Adam Reynolds
Campus Minister

WORSHIP

An opportunity to take Communion, receive prayer in the Chapel, and participate in musical worship.



reservoir
CHURCH

Welcome!

get connected

» RESERVOIRCHURCH.ORG
» INFO@RESERVOIRCHURCH.ORG

January 31, 2016

9:30am &
11:30am

Acts 17:28a (NIV)

'For in him we live and move and have our being.'

Eph 1:23 (NLT)

And the church is his body; it is made full and complete by Christ, who fills all things everywhere with himself.

Matthew 5:4 (NIV)

Blessed are those who mourn,
for they will be comforted.

Luke 2:17-19 (NIV)

When [the shepherds] had seen him, they spread the word concerning what had been told them about this child, and all who heard it were amazed at what the shepherds said to them. But Mary treasured up all these things and pondered them in her heart.

Luke 24:31-32 (NIV)

Then their eyes were opened and they recognized him, and he disappeared from their sight. They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"

Ps 118:24 (NRSV)

This is the day that the Lord has made; let us rejoice and be glad in it.

"The Examen: Making Room for God in Your Emotional World"

Fifth in the Series, "Spiritual Practices: Ancient Paths to Freedom and Joy"

ADAM REYNOLDS

One Version of the full five-step Examen:

1. Invite _____.
2. _____ your day for _____.
3. _____ for the _____ of your day.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow with hope.

One simple and powerful tool for exploring the range of your day's emotions is to ask yourself the questions:

- For what moment today are you _____?
- For what moment today are you _____?

Consolation and desolation are _____ that we experience.

Consolation _____ movement toward _____ with ourselves, others, God and the universe.

Desolation alerts us to _____ and _____.

The Examen and Emotional Hygiene

Some common barriers to emotional hygiene where the Examen might help us:

1. My life is _____ for me to feel.
2. I habitually _____ from feeling.
3. I _____ to feel.
4. My emotions can feel _____.

Notes
