

FRIENDSHIP

EXAMEN



WORKBOOK

DR. CARMEN KAMPMAN

Welcome!

I am passionate about having healthy relationships in my life that help me move towards becoming all that God intended for me to become. That's why I've created this short Friendship Examen for you.

Examen is a devotional exercise involving 5 classical movements: Illumination, Gratitude, Thanksgiving, Review, and Response. and in this case, our focus of reflection is spiritual friendships. For this particular Examen, I'm adding some additional sections like Forgiveness.

I pray you find this e-book helpful.

Rev. Dr. Carmen Kampman



ABOUT ME

As a Spiritual Care Practitioner, pastor, and educator, I love to help people bump into Jesus. I believe Jesus saves, heals, and transforms our lives.

I'm ordained with the Pentecostal Assemblies of Canada and have a DMin in Leadership & Spiritual Formation.

EXAMEN PROMPTS

Illumination: As you settle into this reflection time and quiet your heart before the Lord, ask the Holy Spirit to direct your attention to anything about your friendships that is important for you to notice.

Gratitude: As you reflect on your life and even the last few years, who has helped you move closer to God? Who has demonstrated Jesus' love to you? Offer a prayer of gratitude for these people.

Review: Recall the last spiritually rich conversation you had. Who was it with? What was it about? How did you feel? How do you encounter God through this conversation?

EXAMEN PROMPTS

Forgiveness: Relationships can be messy. We all get hurt. Ask the Holy Spirit to reveal if there are any areas of your heart where you're harbouring unforgiveness towards a friend. As the Holy Spirit leads, confess any unforgiveness and receive the Lord's forgiveness.

Response: Ask the Holy Spirit if there are any actions you're to take in response to this Examen practice. Is there someone you're invited to be a faithful presence to this week? Is there a friendship that you may need to let go of? A new one to nurture?

Other Thoughts: This is an area to jot down any other thoughts you may want to reflect on later.



RESOURCES

"Spiritual Friendship" by St. Aelred of Rievaulx

"Sacred Rhythms" by Ruth Haley Barton

"Silencio" edited by Stephen A. Macchia



I hope you found this helpful. Let's stay in touch.

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