

A Daily Christ-Centered Prayer of Examen

Under the Yoke of Jesus



Matthew 11:28–30 NIV

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Matthew 11:28–30 THE MESSAGE

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Opening Prayer:

Jesus, I willingly place myself under Your loving yoke once again.
Help me see this day through Your eyes. Reveal what You want me to see,
and teach me Your ways.

1

HOW DID I WALK WITH JESUS TODAY?

- Where did I enjoy abiding with Him?
- Where did I notice Him at work?
- Where did I drift from His presence?
- What invitations did He place before me?

2

HOW DID I RESPOND TO JESUS?

- Where did I trust Him?
- Where did I follow His leading?
- Where did I resist Him?
- Where did I ignore His invitation?

3

WHAT DID MY RESPONSES REVEAL?

- What governed my thinking?
- What motives were driving me?
- What did I truly love?
- What governed my choices?

4

HOW IS JESUS INVITING ME TOMORROW?

- What is He asking me to surrender?
- What is my next step of obedience?
- Who is He inviting me to love?
- Where will I need to trust Him once again?

Closing Prayer:

Jesus, thank You for walking with me today. Thank You for Your grace.
Tomorrow I gladly choose Your yoke again. Teach me Your unforced rhythms
of grace as I walk with You. Amen.