

Resource file for 3 Simple Practices to Help You Embrace God's Pace with Jodie Niznik

The list of the five questions which Jodie uses for the daily Examen prayer practice:

In the last 24 hours, examine

- What's been life giving or energizing?
- What's been life draining?
- What is my physical body telling me?
- What am I most grateful for?
- Where did I feel the Lord leading?

Book:

Ruth Haley Barton, [*Strengthening the Soul of Your Leadership*](#). InterVarsity Press: Downers Grove, IL, 2018.