



## Week 2 // Vijay Krishnan // February 22, 2026

Sometimes we don't feel far from God because he moved; we feel far because life moved fast. We rush from one conversation to the next, one responsibility to the next, rarely pausing long enough to notice where God already was. In this week's *Prayer Lab* experiment, we're invited into a different rhythm: not praying before something happens, but reflecting after it happens. Psalm 139 reminds us that God has been present in every time zone of our lives—past, present, and future—and the Prayer of Examen helps us become aware of that presence again.

**Scripture:** [Psalm 139 NLT](#)

**Bottom Line:** God has been present in every time zone of your life.

### Digging In:

*Reminder: The goal is a good discussion, not completing every question. Use these as a tool to help.*

1. Which image from Vijay's opening (first date, confessional booth, distracted couple, pulled over by the police, bargaining in a market, person "alone") best describes how your prayer life/relationship with God feels at this time? How so?
2. Read Psalm 139 and discuss the following questions together:
  - a. Which verse or phrase stood out to you most, and why?
  - b. What does it mean to you that God knows everything about you (v. 1-6)?
  - c. In v. 7-12, God is described as being ever present, even in darkness or shame. How is that comforting—and maybe uncomfortable too?
  - d. David ends the psalm with, "Search me, O God, and know my heart (v. 23). Why is inviting God to examine us an act of trust?
  - e. How does God "lead [us] along the path of everlasting life" (v. 24)? What does this look like?
  - f. Which time zone of your life is hardest to trust God with—past, present, or future?
3. Do you tend to pray before things happen, during them, or after them? Why?
4. What exactly is the Prayer of Examen? St. Ignatius of Loyola referred to this prayer as a "daily pilgrimage to God." How so?
5. Think about the last 24 hours. Where might God have been present that you didn't notice at the time? How does looking back on your day help you become more aware of God's presence right now?

6. Which emotions most often distract you from sensing God's presence (anxiety, stress, hurry, guilt, shame, anger, fear, boredom, etc.)? How could practicing a daily Prayer of Examine help to reduce these distractions and increase your awareness?
7. Who was Jesus Christ for you recently—teacher, friend, consoler, coach, silent observer, spouse, Saviour, parent? And who were you in relationship to him? What do you need him to be for you tomorrow?
8. How can this group help each other slow down long enough to truly reflect rather than simply rush? What difference would it make to become more aware of God's presence in every moment of every day?

### Looking Forward:

This week, practice a daily Prayer of Examen, even if it's only five minutes. (Download the Reimagining the Examen app if you haven't already.) At the end of each day, replay the "video" of your day and ask: *Where was Jesus in this moment?* Notice one blessing, one struggle, and one place you need him tomorrow. As you reflect, trust that the God who was present yesterday is present today—and will walk with you into what comes next.

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## LAST CALL!



We're convinced people won't know that God is FOR them until they know that the people of God are FOR them too! And that's why we're excited to be FOR our communities as part of **Coldest Night of the Year in Barrie and Orillia on Saturday, February 28th**. We're walking and fundraising to support those experiencing hurt, homelessness, and hunger.

In Barrie we're getting in the corner of [Youth Haven](#), and in Orillia [The Lighthouse](#). Why not consider doing this as a fun group activity? Simply go to [CNOY.org](http://CNOY.org), search for your city, then search for the Connexus team, and sign up. We hope to see you there this coming Saturday!