Competency Examen: Listening for God's Presence on the Pastoral Journey

- The Competency Examen is based on the Ignatian prayer form known as the *consciousness examen*.
- As an individual, use this Examen as a basis for monthly prayer and discernment.
- This Examen can also be used in conjunction with peer-to-peer conversation or in small-group meetings.

Competency area #2

Anabaptist History and Theology

- * Understanding and embodying core Anabaptist values * Honouring the diversit
- * Honouring the diversity of the global Anabaptist story

Competency area #1

Biblical Story

- * Being deeply and firmly grounded in the biblical story and text
- * Knowing the biblical narrative and its themes



- * You are on an individual journey
- * Listen for God's presence

Competency area #3

Christian Spirituality and Discipleship

- * Being shaped by an active relationship with and commitment to follow Jesus
- * Being open to God's leading and the transforming work of the Holy Spirit

Competency area #4

Self-Understanding, Self-Awareness, and Emotional Intelligence

- * Having a healthy sense of self and a readiness to relate in healthy ways to others
- * Tending to one's emotional, physical, spiritual needs

Competency area #5

Missional Engagement

- * Seeing where God is already at work in the ministry context
- * Developing awareness of social, political, economic, and intercultural realities in the local community

5-step Examen:

- (1) **Divine presence** As I reflect on my pastoral journey over the last month, how, where, and in whom has God been present?
- (2) **Gratitude** What am I thankful for during the last month of my pastoral journey?
- (3) **Review** How have I been a pastor during the last month? In what ways has my pastoral competency been evident during the last month? In what ways have I experienced weakness in terms of my pastoral competency?
- (4) **Call** Who is God calling me to be as a pastor? What pastoral work is God calling me to do? What pastoral skills do I feel called to learn or re-learn?
- (5) **Commitment** What do I plan to work on during the next month? In what area do I want to strengthen my pastoral competency, and what will I do about it?

Competency area #6

Leadership

- * Leading with clarity, trust, confidence, and an awareness of not being able to offer all that is needed
- * Leading in public rituals and in organizational change

- * You are on a journey with others
- * Listen for God's presence