

THE DAILY EXAMEN



BE STILL

Relax in God's presence. Be aware of God's love for you. Ask the Holy Spirit to help you look honestly at your day.

GIVE THANKS

Recall your day, thanking God for his goodness. Allow this gratitude to take you outside yourself and to reorient your life to God, who is truly the centre of all things.

REFLECT

Prayerfully reflect on the day. What were your motivations? What emotions were to the fore? Where did you fail? Were you aware of God's presence? Did you take opportunities to grow in faith, hope, and love?

SORROW

Spend time talking with God. Sit with the weight of your sin. Express sorrow for the times you failed to follow God's direction. Bring these matters to God, asking for his forgiveness.

HOPEFULNESS

Tomorrow is a new day. God insists on his love for us! Faithful and just, God forgives us our sins. Now, resolve to cooperate with the Holy Spirit as you endeavour to live a life with God at the centre of everything. Conclude the day's prayerful review with the Lord's prayer.