

Daily Examine

GUIDE TO DAILY PRAYERFUL REFLECTION

1 God's Presence

Where am I right now internally?
Is God present here now?
How can I be before you God?
What do I need to release from this day to be present?

2 Invite the Holy Spirit

Lord, what do You want me to see today?
Allow me to know your will.
Come Holy Spirit, lead me.
Be in my mind, be in my heart, be on my tongue.

3 Give Thanks

Thank God for breath and life.
Thank him for every gift and hardship.
Thank Christ for his sacrifice.
Thank the Holy Spirit for his guidance.

4 Review the Day

Notice the win's of the day.
Take inventory of grace and support.
Who helped you and impacted you?
Who called you higher to Him?

5 Movements of the Heart

What frustrated me today?
What brought me joy?
Where did I feel low?
What brought me high?

6 Face the Failure

What was my biggest failure?
What did I learn?
How can he redeem it?
Have I offered it up to him?

7 Receive Mercy, Replace

Jesus, I trust in you and your mercy.
I replace the lies I believe with your truth. Bring me your everlasting peace.

8 Look Forward with Purpose

What kind of man do I want to be?
What do I need to do?
What do I need to trust Him with?
What is an act of love I can commit to?