

SPIRITUAL FORMATION (Part 4) – Reviewing the Day

Having a prayerful review of the day will help us to be more aware of God at work in our day and discern His direction for us.

REVIEWING THE DAY (A 5-day Exercise)

A. Begin each prayer session with silence.

B. Reviewing the day.

1. Ask for God's enlightenment as you review the day.

2. Give thanks to God for the day.

3. Pay attention to the movements in our day.

a. What are some highlights of the day? Thank God for His grace.

b. What are some lowlights of the day? What was your response at that time? Thank God for His grace for granting you awareness.

How would you respond to God now as you notice them again?

4. Respond to God with honesty and courage. Humbly acknowledge your sin and surrender them to God.

5. Look forward to the future with hope.

C. End the review with prayer.

D. Journal your review of the day.

E. Review your journal at the end of the 5-day exercise and give thanks to God for how He is growing you to be more Christlike.



JOURNAL – The Review of the Day

Date : _____

Place : _____

Silence : _____

1. Pray : _____

2. Give thanks : _____

3a. Highlights of the day: _____

3b. Lowlights of the day : _____

4. Respond: _____

5. Look forward: _____

