

Reflect on scripture:

¹⁴ This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. ¹⁵ And if we know that he hears us—whatever we ask—we know that we have what we asked of him. **1 John 5:14-15**

Begin by being open to God: Good morning, God. I come to you as I am now, imperfect, tired, hopeful. Thank you for my beating heart and my breathing lungs which have given me yet another day in your creation.

1. Become Present to God

At the end or beginning of the day, set aside time to quiet yourself and come into God's presence.

2. Recognize the Gifts In Your Day

Reflect on everything you're grateful for. All is gift from God... say thank you.

3. Pray For Grace and Insight

Ask the Holy Spirit to help you remember what was important yesterday and recognize how God has been moving in your life.

4. Review Your Day

Replay each part of your day in your mind, being aware of how you felt, who you were in contact with, how you responded, and where God was working.

5. Look Forward To Today

Ask Jesus for forgiveness where you need it, and for help and guidance for the today as you listen for God again. What might God want to do in and through you today?

Read:

¹ You have searched me, Lord, and you know me. ² You know when I sit and when I rise; you perceive my thoughts from afar. ³ You discern my going out and my lying down; you are familiar with all my ways. ⁴ Before a word is on my tongue you, Lord, know it completely. ⁵ You hem me in behind and before, and you lay your hand upon me. ⁶ Such knowledge is too wonderful for me, too lofty for me to attain. ⁷ Where can I go from your Spirit? Where can I flee from your presence? **Psalms 139:1-7**