

Reviewing your day with God

Find 10-15 minutes to still yourself and be silent and attentive to God.

Ask the Holy Spirit to guide your thoughts as you 'play back your day with God.'

- What have you to be thankful for? Spend time thanking God now.
- Where have you walked closely with God today? Where were you 'in-tune' with God's spirit?
- Where were you 'out of harmony' with God's spirit?
- Is there anything you need to confess or ask God to heal and transform in you?

"Create in me a pure heart O God and renew a steadfast spirit within me" (Psalm 51:10)



'For a good confession three things are necessary: an examination of conscience, sorrow, and a determination to avoid sin.' (Saint Alphonsus Liguori)



