



① **PREPARATION**

Take a comfortable position and close your eyes. Ask God for the ability to see your day through the eyes of Christ, with honesty and fearlessness.

② **GRATITUDE**

Note the events and experiences of the day that you are grateful for.

③ **PRESENCE OF GOD**

When did you notice God's presence today?

④ **AWARENESS**

When were you least aware of God's presence today?

⑤ **CONFESSION**

Is there anything you feel sorry for today? Speak to God about this, asking for healing and forgiveness.

⑥ **RESTORING BALANCE**

Is there anything you would like to ask for God's help with tomorrow?

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