

DAILY EXAMIN

1. Be grateful for God's Blessings
2. Review the Day with openness and gratitude, looking for times when God has been present and times you may have ignored him.
3. Pay attention to your emotions in order to listen to God
 - a. Where am I experiencing feelings of joy and peace?
Where am I sensing connection with God?
 - b. Where am I experiencing sadness, apathy, and a sense of life draining out of me? where am I sensing disconnection from God?
4. Express sorrow for sin and ask for God's forgiving love.
5. Pray for the grace to be more available to God who loves you.