

A Daily Review with God

INSTRUCTIONS: Use each of these simple statements as a guide to review your day with God each night before going to sleep.

THANK YOU.

Everything is gift. I give you thanks and praise for the gifts of this day. *[List the things for which you are grateful.]*

HELP ME.

Please give me an increased awareness of how you are guiding me and shaping my life and a more sensitive awareness of any obstacles I put in your way. *[Recall specific situations from the day where you need God's help, direction, wisdom, or provision.]*

I LOVE YOU.

Be near me now as I reflect on the events, feelings, and circumstances I have experienced today. *[Recall where you felt close to God and where you felt distant or disconnected.]*

I'M SORRY.

I ask for your loving forgiveness and healing. The event of this day that I most want healed is... *[the event for which you want healing or forgiveness].*

BE WITH ME.

Filled with a firm belief in your love and power, I entrust myself to your care, and ask for... *[the gift you most desire, most need; trust that God desires to give you that gift].*

You may choose to close this prayer time with the Lord's Prayer.



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