

EXAMEN

Take 15 minutes to review your day. You can do this at any time of the day.

Ask for the strength that you desire.

Be grateful for all that God gives you.

Call for God's light,
that you may see your life as God wants you to see it.

Day review - where was God today?
How have you responded to God this day?

Express your gratitude for all that was good about today
and your regret for all that wasn't good.

For tomorrow - pray for it.

OR

A. What is your deepest spiritual desire?

ASK for this.

ASK for change in your life until this happens.

B. You may not always feel grateful.

See everything in your life, including life itself, as a gift from God.

C. God's spirit shows us how God sees us.

This is not about self-analysis, judgment or introspection.

Ask God to show us only the things which we need to see about ourselves.

D. 'Playback' the period since the last review.

Review the words, experiences, places and people
that have been in your life.

Where has God been in your life
and the life of others you've interacted with today?

E. The 'playback' will lead you to deeper thanksgiving and perhaps even regret.

Note areas of resistance - where these keep occurring
it might be a sign that God wants to work to bring about change.

F. Look ahead. What help and guidance are you likely to need for the day ahead?

What qualities will be needed? Ask God for them.

KEEPING A SPIRITUAL JOURNAL

It can be helpful to keep a record of your daily thoughts, feelings and prayers.

FIND

yourself a blank exercise book or something similar
which is small, lightweight and easy to carry around.

Find 10 minutes each day to sit and reflect upon your spiritual journey.

This is an opportunity to think about where God has been at work
in the events or thoughts of your life?

WRITE:

you might want to ask yourself:

- How and when have I been aware of God today?
- Has God felt absent today? Why might that be?
- What is my greatest desire or prayer at this moment?
- What verse of scripture spoke to me? How might it apply to my life?
- What experience, life story or event has inspired me today and in what way?
 - What questions am I wrestling with?

BE REGULAR:

Try to write something each day,
no matter how unimportant or silly it might appear.
(Though don't beat yourself up if you don't manage it daily –
it might be something you could do in more depth once a week.)
This is your personal journal – no-one else will ever read it –
so use it to express what is what is on your mind.

REVIEW:

look back over your journal, either every week or month
and see how prayers might have been answered
and how your understanding and self-awareness has developed.