

THE DAILY EXAMEN

01



REFLECT ON YOUR DAY.

Where did you go? Who did you see? What did you do? Think through your day and thank God for his presence with you.

02



WHEN DID YOU FEEL FURTHEST FROM GOD?

What actions or circumstances led you to feel far from God? Do not carry your guilt and shame into tomorrow. Drop them at the foot of the cross right now.

03



WHEN DID YOU FEEL CLOSEST TO GOD?

What actions or circumstances led you to feel close to God?

04



LOOK FORWARD TO THE DAY AHEAD.

Where will you go? Who will you see? What will you do? Pray for people you will see or conversations you will have. Ask God to bless your day and use you to further his Kingdom.