

**Finding the movement of the Spirit in our daily lives as we review our day.**

**Recognize the presence of God**

[Be still and know that you are with God.]

**Look at your day with gratitude**

[Acknowledge God in the big and small things of life.]

**Review your day**

When or where in the past 24 hours did you feel you were cooperating most fully with God's action in your life? When were you resisting?

**Ask yourself**

- What habits and life patterns do I notice?
- When did I feel most alive? Most drained of life?
- When did I have the greatest sense of belonging? When did I feel most alone?
- When did I give love? Where did I receive love?
- When did I feel most fully myself? Least myself?
- When did I feel most whole? Most fragmented?

**Reconcile and Resolve**

Seek forgiveness

Ask for direction

Share a concern

Express gratitude

Resolve to move forward