

BECOME AWARE OF GOD'S PRESENCE



- Look back on the events of the day with the Holy Spirit
- The day may seem blurry, ask God to bring clarity and understanding

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REVIEW THE DAY WITH GRATITUDE



- Walk through your day in the presence of God and note its joy and delights, focus on the day's gifts
- Look at the work you did, people you interacted with
- Pay attention to small things, God is in the details

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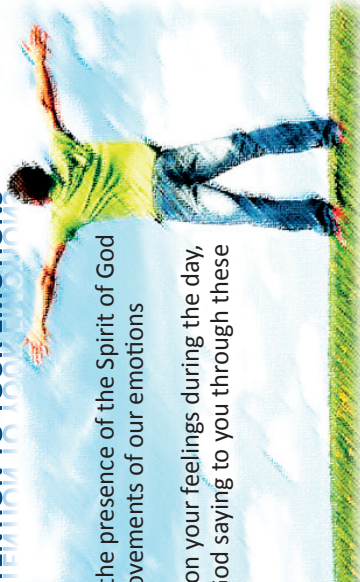
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PAY ATTENTION TO YOUR EMOTIONS



- Detect the presence of the Spirit of God in the movements of our emotions
- Reflect on your feelings during the day, what is God saying to you through these feelings

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CHOOSE A FEATURE OF THE DAY TO PRAY FOR



- Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important
- Pray about it, allow the prayer to arise spontaneously from your heart.

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LOOK TOWARDS TOMORROW



- Ask God to give you light for tomorrow's challenges
- Pay attention to the feelings that surface as you survey what's coming up, allow these feelings to turn into prayer

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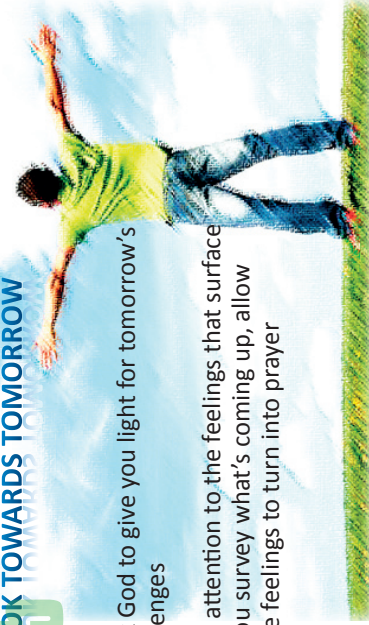
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