

Reviewing the Day with God

by John Ortberg, *The Life You've Always Wanted*

1. Be still and quiet your mind. Focus on God's love and care for you.
2. Acknowledge that Jesus is present. Invite Him to teach you.
3. Go back in your mind to when you first woke up. Watch that scene, as if on video. This may lead you to pray for patience, greater love, courage, forgiveness, or other virtues. (Another option is to go one-by-one through the people you interacted with that day. Take time to ask Christ about that interaction. Was your Father glorified by what you thought and did or did you bring a smile to Satan's face?)
4. Continue through the day, going from scene to scene. As you reflect on them, some scenes may fill you with gratitude, others with regret. Speak directly to the Lord about this. You may also be led to pray for some of the people you were interacting with during the day.
5. End with a prayer of forgiveness and thanksgiving for God's mercy and love. Ask Him to refresh you as you sleep.
6. Activity: Make a list of each person you have interacted with during the day on a sheet of paper leaving plenty of room to analyze your interaction with each one. After completing the list, pray that the Holy Spirit will enlighten your mind about each interaction. Think back to what you said by word and by action to each person. At the end of each analysis, summarize either how Christ used you as a tool in His hand or how Satan used you for his agenda.