Give Thanks for the blessings of the day, especially those moments when you know you were responding to God’s invitation.

Give Thanks

St Ignatius (1491 – 1556) promoted prayerfully reflecting on the movement of God in your life.

Review the Day by carefully looking back over what happened as a kind of highlights reel.

Review the Day

These five steps aim to help you become more aware of God moving in and with you in your life, so treat them as a loose guide – stop at any point to talk with God and to go a little deeper.

Face Your Shortcomings

Face Your Shortcomings by noticing those moments in your day that trouble you. If you need to ask for forgiveness for any sin, go ahead – God is right there!

Face Your Shortcomings

Ask the Holy Spirit to help you see the day through God’s eyes. Let Him show you what you need to see.

Ask the Holy Spirit

Allow about 15 min every day to listen to and look for where God was present in your daily activities.

Pay attention to the moments that are standing out.

Pay attention to the moments that are standing out.

Look Forward to any resolutions you need to make for the future. Finish with a “Glory Be…” prayer.

Look Forward

“HOW CAN YOU DRAW CLOSE TO GOD WHEN YOU ARE FAR FROM YOUR OWN SELF?

GRANT LORD, THAT I MAY KNOW MYSELF SO THAT I MAY KNOW YOU.”

ST AUGUSTINE

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