

A NIGHTLY EXAMEN

for a holier tomorrow



STEP ONE:

SIT IN SILENCE FOR A FEW SECONDS

STEP TWO:

THINK OF TWO THINGS
YOU ARE THANKFUL FOR TODAY.



STEP THREE:

REVIEW THE DAY.
WHAT MADE YOU HAPPY?
WHAT MADE YOU SAD?
WHERE DID YOU SEE GOD?



STEP FOUR:

THINK ABOUT YOUR BAD CHOICES
FROM THE DAY AND SAY SORRY TO GOD.

STEP FIVE:

ASK GOD TO HELP YOU MAKE
GOOD CHOICES TOMORROW.
THANK HIM FOR HIS LOVE & MERCY.



STEP SIX:

THANK GOD FOR YOUR
TIME TOGETHER.
SAY I LOVE YOU TO HIM.

