

Above all else, guard your heart (Proverbs 4:23).

A DAILY PRACTICE

Reflections based on the spiritual practice, The Examen, taken from St. Ignatius of Loyola, a 15th century Spanish priest.

1

BECOME AWARE OF GOD'S PRESENCE.

In the Heartlift Method, I've adapted this to, "Welcome God into your why's," or into the present moment. Take a few deep belly breaths to inhale God's love and exhale any stressors or anxiety from the day's activities.

2

REVIEW THE DAY WITH GRATITUDE.

As you reflect back on the day, make a mental list, or write in your heart journal, what you noticed as you moved through the day. Kind people? Beautiful scenes? A difficult, traffic-filled trip to work? A friend's call? A stranger's help?

3

PAY ATTENTION TO SHORTCOMINGS.

Notice those moments where you perhaps fell back into old, unhealthy behaviors or patterns. Offer yourself grace, not shame. Ask God to help you in that area. Know that God's mercies are new every single morning and that you are getting stronger every day.

4

CHOOSE ONE FEATURE OF THE DAY AND PRAY ABOUT IT.

Do you need to rewind and reset a situation? How can you reframe it and do better tomorrow? Do you need to ask for help in overcoming angry outbursts?

5

LOOK TOWARD THE DAY TO COME.

A simple prayer to end the day:
"Because of the your great love I am not consumed, God, for your compassions toward me never fail. They are new every morning; great is your faithfulness towards me, God (Lamentations 3:22-23, NIV).
Thank you for today. Amen."