



Internal Review

a soul care guide

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Begin by taking **at least a full minute to sit in silence**, unplugging from the hurry and stresses that distract us from hearing from God. As you introduce the spiritual practice of daily Internal Review, encourage your group to **journal**.

Very slowly offer these **contrasting questions** to help categorize the day:

For what part of the day am I most (or least) grateful?

When did I give and receive the most (or least) love today?

What was the most life-giving (or life-thwarting) part of my day?

When did I have the deepest (or least) sense of connection with God, others and myself?

Where was I aware of living out (or living in an absence) of the fruit of the Spirit?

Where did I experience consolation (or find desolation)?

Or **walk through the day**: how the morning began; remember the people, events, and moods; identify struggles and well-being; notice feeling fully alive, experiencing the Fruit of the Spirit; relish the gifts God gave you; be aware of when you chose distance rather than closeness to God; **rejoice in His forgiveness and ask specifically for what you** need in coming days.

After participants **communicate with the Lord**, invite them to **share with the group** insights and invitations they are responding to. **Savor the presence** of God as you end this time of auditing the day.

The Practice of Internal Review

Remember – Will You help me remember the past day?

What do I know to be true about You, God?



Request – Will You show me Your thoughts? Will You send Your Spirit to help me see myself as You see me? Will You help me to love what You love? Will You forgive me for how I've sinned?

Rejoice – What happened today that am I thankful for? What brings me gratitude and consolation? When did I see the Spirit drawing me towards life?

Reflect - When did I see You at work today, God? Where did I feel like I was missing You today? What felt like desolation? What were You trying to form in me today, Lord? Were my thoughts, feelings, desires and actions in line with Your will? Here are the things that I am lamenting ...

Resolve & Rest – Will You help me to walk closely with You and cooperate with Your Holy Spirit tomorrow? Will You help me experience deep rest as You watch over me tonight?