

## INTERNAL REVIEW



**Remember** Will You help me remember the day that I have just lived? What do I know to be true about You, God?

**Request** Will You show me Your thoughts and help me love what You love? Send the Spirit to help me see myself as You see me. Forgive me for how I've sinned.

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

**Reflect** When did I see You at work today, God? Where did I feel like I was missing You? 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 the Holy Spirit tomorrow? Will You help me experience deep rest as You watch over me tonight?

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