

# Reflective Prayer

*A guide to help in daily examination and responding to God*

## **Rest**

Take a deep breath. Rest in the work of Christ. The grace of the Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit is with you. Prepare yourself for reflection.

## **Remember**

Apart from Christ, you can do nothing. Wisdom and insight comes from God. You are who you are by the grace of God. Your failures and shortcomings do not define you. What did God speak to you through His Word today?

## **Relish**

Give thanks for God's provision and goodness. Relish the evidences of His grace. What are you grateful for today?

## **Request**

Ask for the Spirit's guidance as you reflect and review the day. Request help to walk in the light.

## **Review**

Recall moments throughout the day and how you felt about them. Reflect on your feelings, thoughts and actions. “The mouth speaks from the overflow of the heart.”

- What did I feel today?
- What was I attentive to?
- What troubled me today?
- How did I abide in Jesus today?
- How was I aware of God’s grace?
- How did I become more like Jesus?
- How was my heart gentle and humble?
- How did I seek to love my neighbor as myself?
- How did I encourage a brother or sister in Christ?
- How did I help make disciples of all nations?

## **Repent**

Confess your sins and ask God to change your heart. By the Spirit put to death the deeds of the body and turn to be led by the Spirit.

## **Resolve**

Resolve to glorify God as you look ahead to the next day. Pray for help and a heart that is satisfied in God above all things. Look forward to the new morning mercies of the Father.