

- Invite God. *Ask God to reveal himself to you then sit quietly.*
- Be thankful. *Recall the day and give thanks for the people and events it contained. Give a sacrifice of praise for what was difficult.*
- Notice emotions. *Pay attention to what you felt during the day. What might God want to reveal to you through those emotions? Ask God to help you untangle your experiences.*
- Notice God. *What were your God moments today? When were you aware of him? What do you think he was doing?*
- Bless tomorrow. *Give tomorrow to God, who is absolutely trustworthy. Offer yourself to him in love. Rest.*

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