

Evening Reflection Questions to Review the Day

(Questions courtesy of Alcoholics Anonymous)

Reflect back on the events of the day just past and ask yourself:

- Was I resentful, selfish, dishonest or afraid?
- Do I owe someone an apology?
- Have I kept something to myself which should be discussed with another person?
- Was I kind and loving toward all?
- What could I have done better?
- Was I thinking of myself most of the time?
- Or was I thinking of what I could do for others, of what I could pack into the stream of life?

Be careful though not to drift into worry, remorse or morbid reflection. Also think about how God was present in your life today, perhaps in an encounter with another person, or with a specific scene of beauty in nature. Keep the reflection balanced.

After making this review, give thanks for the presence of God in our life today, ask for His forgiveness and understanding, and inquire what things need to be done for Him tomorrow.