



Opening Prayer

*Come, Holy Spirit,
fill the hearts of Thy faithful
and enkindle in them the fire of Thy love.
Send forth Thy Spirit
and they shall be created.
And Thou shalt renew
the face of the earth.*

*O God who has taught the hearts of the
faithful by the light of the Holy Spirit;
grant that, by the gift of the same Spirit,
we may be always truly wise, and ever
rejoice in His consolation.
Through Christ our Lord. Amen."*



Rejoice

Look back at your day
and thank God for the blessings.

Release

As an act of your will,
forgive anyone that has offended you,
be it great or small.

Repent

Let the Holy Spirit search
your heart for sin.
Make an Act of Contrition.

Rebuke

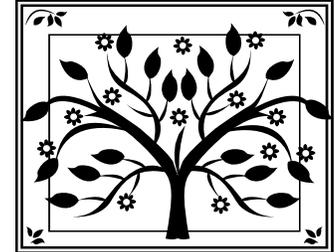
If you have let the enemy
have any control.
Break his power in Jesus name.

Request

Ask for your needs
that you have become aware
of through out the day.

Resolve

As you review your day,
exercise your will to be
conformed more closely
to God's will.



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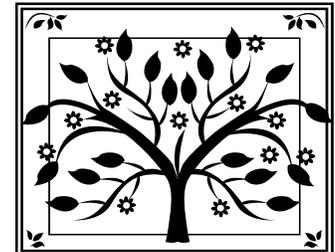
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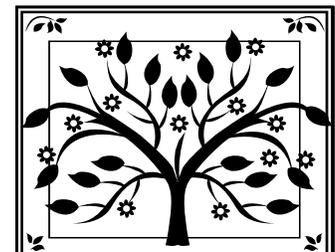
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Heart

How's my prayer life?
Is there a certain way God's grace
touched me today?

Head

Is there anything new that I learned
about the Lord
and His ways?
What have I done to grow in my
knowledge of the Faith?
What has the Holy Spirit
been teaching me?

Hands

How have I given my life away in
service to others?
How and with whom have
I shared the Gospel?

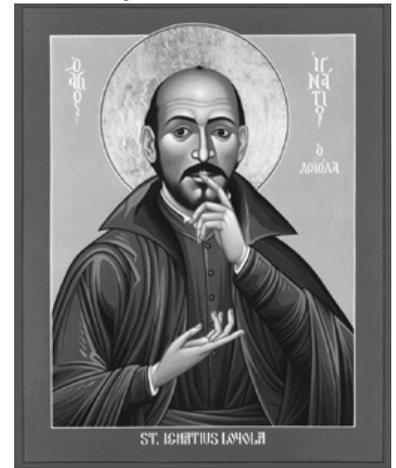


**Written by Brendan Case
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Daily Life Review



Based on the Examen of
St Ignatius of Loyola

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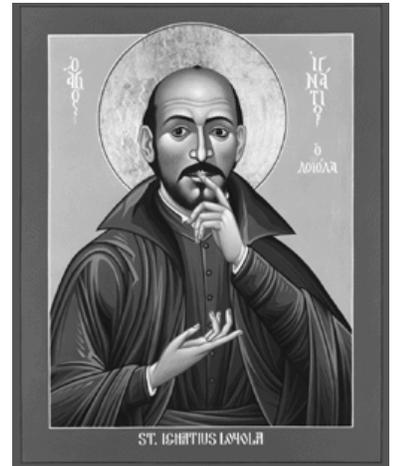


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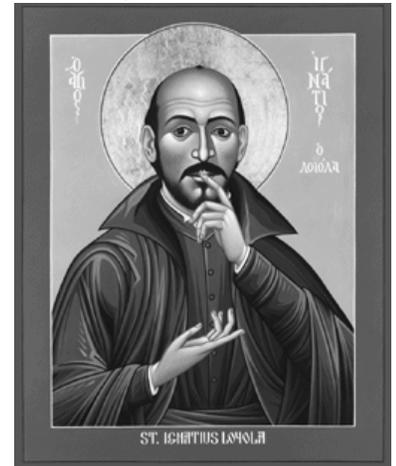


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