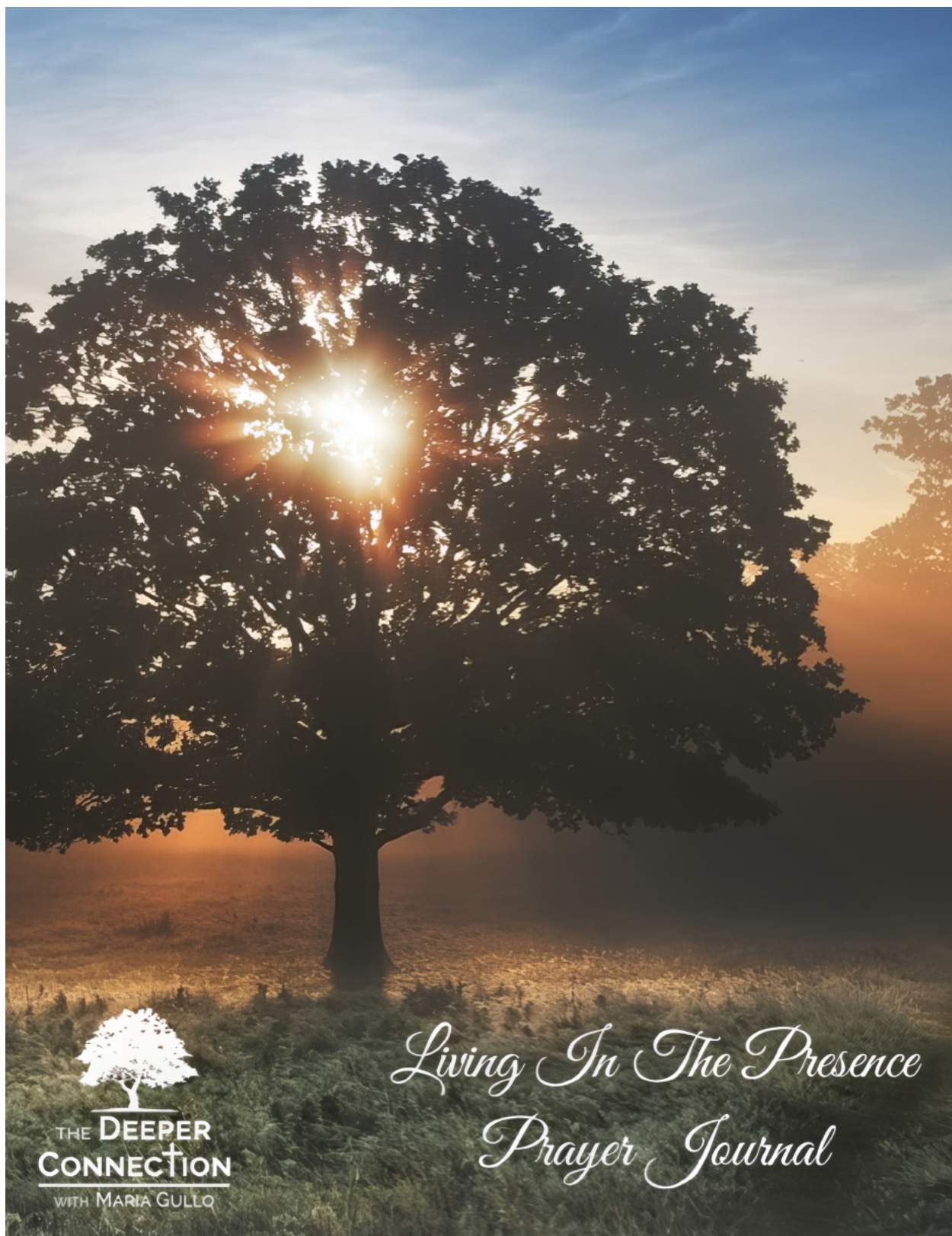


Journal



New Life Workshop – Living In The Presence

“But now, thus says the Lord, He who created you, He who formed you. Do not fear, for I have redeemed you; I have called you by name, you are mine.

When you pass through the waters, I will be with you; and through the rivers, they shall not overtake you. When you walk through the fire you shall not be burned, the flames shall not consume you.

For I am the Lord, your God, your Savior. Because you are precious in my sight, and honored. I love you. Do not fear for I am with you.”

– Isaiah 43: 1-5

Instructions

This is a daily journal that will help you incorporate the prayer practice of Examen, into your daily routine.

I recommend you take a few minutes in the evening as you reflect back on your day. Let it be one of the last things you do before bed. You might notice a deep peace before sleep.

Much Love, *Maria*

thedeeperconnection.org

Evening Reflection

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2. Today I am grateful for:

3. These are the moments or events that I am noticing now:

4. I ask for the grace to notice any shortcomings. When I did not act or react in a way that was edifying to God, myself or anyone else:

5. These are the moments I moved toward God. I experienced peace, joy, patience, faith, trust, etc.:

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