

An Evening Prayer Reflection

REST.
REFLECT.
REJOICE.

A few quiet minutes to place the day back in God's hands.



Begin With Gratitude

Before you review what went wrong, begin with what was given. Ask the Holy Spirit to help you see the day with God—not with a harsh inner critic.

Today, I am grateful for:

A moment that brought me joy:

Someone I want to thank God for:

Notice & Respond

- Where did I feel close to God today?
- Where did I resist grace, rush past someone, or choose myself first?
- What emotion stayed with me most strongly?
What might it be showing me?
- Is there an apology, repair or act of kindness I need to make tomorrow?
- What am I still carrying that I can hand to God tonight?

Close the Day

Lord, thank you for meeting me in this day—in what was beautiful, what was unfinished and what was hard. Forgive what needs forgiveness, heal what needs healing and help me begin again tomorrow. Keep those I love in your care tonight. Amen.

Tomorrow, with God's grace, I want to remember:
