

Daily Examen

(Use a journal to write your responses. This will help you see the movement of God in your life and marriage, which will lead you to greater gratitude, repentance, and clearer guidance.)

Where did you see God moving in your day or experience His presence, especially in your marriage or while praying for your marriage?

Is there anything for which you need to repent as you review your day, especially anything you might have said, done, or thought regarding your spouse? Is there anything that you did not do for them that you were supposed to do?

The Following might be things regarding today, or they might be memories that have surfaced.)

Is there anyone you need to ask for forgiveness? For what do you need to ask forgiveness?