

When we retire **at night**, we constructively review our day. Were we

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

After making our review we

- ask God's forgiveness and
- inquire what corrective measures should be taken.

Morning: Think about the day ahead, plans. Ask God to direct our thinking. **Throughout the day:** Watch for selfishness, fear, resentment, dishonesty. Ask God immediately to remove them, talk to someone else, focus on helping others. Seek His will constantly. Feel the flow of His spirit.

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Memorize and live this prayer

Lord, make me an instrument of your peace, that where there is hatred, I may bring love; that where there is wrong, I may bring the spirit of forgiveness; that where there is discord, I may bring harmony; that where there is error, I may bring truth; that where there is doubt, I may bring faith; that where there is despair, I may bring hope; that where there are shadows, I may bring light that where there is sadness, I may bring joy.

Lord, grant that I may seek rather to comfort than to be comforted; to understand, than to be understood; to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven.

It is by dying that one awakens to Eternal Life.

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