

Examining Our Daily Lives

1. Invite the children to take a moment to settle themselves and put themselves in God's presence.
2. Explain that you are going to lead them through a process that will help them reflect on their day.
3. Ask the children to close their eyes and think about their day. Have them begin with the morning and move slowly through all the activities of the day.
4. As they think about all of their activities, ask them to note the parts of the day in which they lived as a disciple of Jesus.
5. Then direct them to silently thank God for all that went well today.
6. Then ask them to begin thinking about their day again. This time, ask them to think of the parts of their day in which they did not live as a disciple of Jesus. Did they treat everyone with respect and love? Did they try to do their best? Did they use their gifts to serve God and others?
7. Continue by inviting the children to pray. Encourage them to ask God to help them do better.
8. Explain to the children that this a prayer technique they can use as they go to bed each night.

