

**Start of Day Daily Examen for** \_\_\_\_\_

**Priorities Today** (Vocational, Work, Spiritual, Personal, Relational)

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**To Do Today** (Vocational, Work, Spiritual, Personal, Relational)

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*In all your ways acknowledge him, and he will make straight your paths. (Proverbs 3:6)*

**Today, I am looking forward to:**

*We know that all things work together for good for those who love God, who are called according to his purpose. (Romans 8:28)*

**I'm starting today with the anxiety of ... or I need to let go of this today...**

*Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)*

**Ways I can give today:**

*Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver. (2 Corinthians 9:7)*

**What one thing will make today a success?**

*"So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today."*

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**End of Day Daily Examen for \_\_\_\_\_**  
(Answered for Vocational, Work, Spiritual, Personal, Relational)

**Rituals Completed**

- ☐ Morning Ritual
- ☐ Workday Startup Ritual
- ☐ Workday Shutdown Ritual
- ☐ Evening Ritual

**Highlights for Today**

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*For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? (Matthew 16:26)*

**I feel today went...**

*For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life. (Ephesians 2:10)*

**I was at my best when... Or this went well today...**

*So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. (Galatians 6:9)*

**I felt unrest when...**

*Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, (Philippians 3:13)*

**One way I can improve tomorrow...**

**I am grateful today for...**

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*Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. (1 Thessalonians 5:16-18)*

**I heard God today when... and heard... Or God revealed himself today... Or God showed up today when... Or God answered prayer by...**

*And this is the boldness we have in him, that if we ask anything according to his will, he hears us. (1 John 5:14)*

**I read scripture today and prayed today and this caught my attention... had the following insights...**

*All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that everyone who belongs to God may be proficient, equipped for every good work. (2 Timothy 3:16-17)*

**I sinned or failed God today when...**

*But God proves his love for us in that while we still were sinners Christ died for us. (Romans 5:8)*

**I was drawn closer to God today when...**

*May the Lord direct your hearts to the love of God and to the steadfastness of Christ. (2 Thessalonians 3:5)*

**I was pushed away from God today when...**

*Do not hide your face from me in the day of my distress. Incline your ear to me; answer me speedily in the day when I call. (Psalm 102:2)*

**Any other reflections?**

This study aid is written by Pastor Andy Smothers to guide study and discussions of *Kneeling with Giants: Learning to Pray with History's Best Teachers* by Gary Neal Hansen. The full set of study guides is available at <https://livingintograce.com/study-group-aids-for-kneeling-with-giants-learning-to-pray-with-historys-best-teachers-by-gary-neal-hansen>. While based on the book, this guide was not prepared in cooperation with the author, Gary Neal Hansen, nor the publishers (InterVarsity Press).



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