

Reviewing the Day

“God would have us look to the giver and love him more than his gift, keeping him always before our eyes, in our heart, and in our thoughts.”
— Ignatius of Loyola

The little girl’s wiggles and fidgets turned into quiet curiosity as Grandmother drew very intentional dots on the back of the church bulletin. Then her puzzlement turned into delighted comprehension as her grandmother started drawing connecting lines. The dots weren’t random after all; they were a sailing ship ready to be discovered!

Reviewing the high points and low points of the day can be much the same experience. Random, seemingly unrelated moments and encounters take on deeper significance when we see them as part of a connected, intentional whole. This is especially true when we pause long enough to **see God at work in those points of time.**



This time-honored Christian practice, which we call “Reviewing the Day,” is the simple habit of **using questions to notice God.** The Holy Spirit uses my questions to help me notice when I resisted God’s presence in my life, when I wasn’t aware of him, or failed to trust him. It’s a time of reflecting on God’s blessings and learning to be more consistently sensitive to his intervention. It’s pausing to remember when I noticed his nearness or when I didn’t acknowledge him at all. It’s **“listening deeply to the data of our lives.”**¹

Taking time at the end of the day to review and reflect, to notice how God has been at work in my life, is a Christian practice that develops discernment and nurtures gratitude. Children **build a grid for making wise choices** if they can identify when they are most present to the fruit of the Spirit. Then they pursue choices that will bring them into spiritual abundance and true shalom.

As they give end-of-the-day attention to the best of times and the worst of times, they recognize both as an **invitation to communicate with God.** Practiced regularly, reviewing the day with God will help children recognize which places and things bring them life, and which do not. As this awareness deepens, they grow to understand God’s unique call and design for their lives.

Scripture encourages us to pursue such practices. “So, we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding” (Colossians 1:9 NLT). Since our chief end is to know and enjoy God forever, the best days end with **a review of how we have known him in that day,** how we have lived with him, and how we are growing to love him even more.

1 *Spiritual Disciplines Handbook* by Adele Calhoun

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INVITATIONS TO ENGAGE

Start the conversation with your child!

“Come and sit with me a minute. Let’s talk about what kind of day you’ve had.”

EARLY CHILDHOOD (2-6 years old)

When I read this verse to you, tell me what part of your day it reminds you of. If it reminds you of a happy part of the day, we will put a happy face on the calendar and thank God for it. If it’s a hard part of the day, we will put a sad face on the calendar and ask God to make your heart feel better about it. Sometimes it’s hard because we have done something we need to say “I’m sorry” about. That’s when we can ask God to forgive us, and we will put a heart on the calendar to remind us that God loves us no matter what kind of day we have had. “Rejoice in our confident hope. Be patient in trouble and keep on praying” (Romans 12:12 NLT). What part of the day are you thinking about?

ELEMENTARY AGE (5-10 years old)

Draw the simple camera emoji. I’ll read this verse slowly so you can write it somewhere on the page. “So, we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding” (Colossians 1:9 NLT). Inside of the camera draw a picture that captures a moment of your day. Ask God to direct your memory to a specific time that he wants you to remember. (Pause) If you have trouble deciding, think of these questions: Was there a time you were confused and needed help? Or maybe you were aware that God was showing love to you, or that you were showing love to God? Or maybe you were very grateful or ungrateful? Now let’s read that verse again.

PRETEEN/EARLY ADOLESCENT (10-14 years old)

First, write Psalm 63:5-8 in your journal and then we will review the day with some special questions. Ask the Spirit to show you his thoughts. These questions help us see ourselves and all of life as God sees it.

Remember – What do I know to be true about you, God?

Request – Will you send your Spirit to help me see myself as you see me? Will you help me to love what you love? Will you forgive me for how I’ve sinned?

Rejoice – What happened today that am I thankful for?

Reflect - When did I see you at work today, God? What were you trying to teach me today, Lord? Were my thoughts, feelings, and desires pleasing like yours, Lord?

Resolve & Rest – Will you help me to walk closely with you tomorrow and be at rest as you watch over me tonight?

RECOMMENDED RESOURCE

The 3 Minute Gratitude Journal for Kids: A Journal to Teach Children to Practice Gratitude and Mindfulness

by Modern Kid Press