

YEARLY CHECK -IN

Jesus,
you have been present with me
in my life this last year.
Be near, now.

Let us look together at this last year.
Let me see through your loving
eyes...

When did I notice you this year?
When did I listen to your voice?

When did I fail to notice you this year?
When did I resist listening to your voice ?

Jesus, everything is a gift from you.
I give you thanks and praise
for the gifts of this year...

I ask your healing in...
I ask your forgiveness and
mercy for...

Jesus,
continue to be present with me as
I move into the next year.
Be in my life each day.
Amen.

Adapted from the Daily Check in from The Spiritual Exercises in Everyday Life Programme,
Seattle, Washington

