

Prayer of Examination [My Day]

“Teach us to number our days that we may get a heart of wisdom.”

Psalm 90:12

1) Invocation & Gratitude

Scripture: Psalm 118:24; 1 Thessalonians 5:16–18

Lord, I acknowledge this day as a gift from You. Thank You for life, breath, and every opportunity to glorify You.

2) Review of the Day

Scripture: Lamentations 3:22–23; Psalm 63:6

Holy Spirit, bring to mind the events, conversations, and moments of this day.

Reflection Questions:

- Where did I sense God’s presence today?
- What blessings or joys did I experience?
- Where did I feel distant from God?

3) Confession & Repentance

Scripture: 1 John 1:9; Psalm 32:5

Lord, I confess where I have fallen short in thought, word, or action.

Reflection Questions:

- Did I speak or act in a way that dishonored You?
- Were there missed opportunities to serve or love?
- Did my attitudes reflect Christ to others?

4) Gratitude & Thanksgiving

Scripture: Colossians 3:17; Psalm 103:1–5

Father, I thank You for specific ways You sustained and blessed me today.

Practice: Name three moments from today for which you are thankful.

5) Lessons & Growth

Scripture: Proverbs 3:5–6; Philippians 1:6

Lord, help me learn from today and grow in wisdom.

Reflection Questions:

- What is one lesson I learned about You or myself?
- How can I walk more faithfully tomorrow?

6) Entrusting Tomorrow to God

Scripture: Matthew 6:34; Proverbs 16:3

I commit tomorrow to You.

Note To Self: Preaching the Gospel to Myself

A collection of passages grouped by gospel themes to help you remind yourself daily of God's grace, Christ's finished work, and your identity in Him.

1) God's Love and Grace

- Romans 5:8 – God demonstrates His love for us in that while we were still sinners, Christ died for us.
- Ephesians 2:4–5 – But God, being rich in mercy... made us alive together with Christ—by grace you have been saved.
- 1 John 4:9–10 – This is love: not that we have loved God but that He loved us and sent His Son as the propitiation for our sins.

2) Christ's Finished Work

- John 19:30 – “It is finished.” The work of redemption is complete.
- Hebrews 10:14 – By a single offering He has perfected for all time those who are being sanctified.
- Colossians 2:13–14 – God forgave us all our trespasses, canceling the record of debt that stood against us.

3) Your Identity in Christ

- 2 Corinthians 5:17 – If anyone is in Christ, he is a new creation.
- Galatians 2:20 – I have been crucified with Christ. It is no longer I who live, but Christ who lives in me.
- 1 Peter 2:9–10 – You are a chosen race, a royal priesthood... that you may proclaim the excellencies of Him who called you.

4) Freedom from Condemnation and Fear

- Romans 8:1 – There is therefore now no condemnation for those who are in Christ Jesus.
- Romans 8:31–32 – If God is for us, who can be against us?
- Hebrews 4:16 – Let us then with confidence draw near to the throne of grace.

5) Ongoing Grace in the Christian Life

- Philippians 1:6 – He who began a good work in you will bring it to completion.
- 2 Corinthians 12:9–10 – My grace is sufficient for you, for My power is made perfect in weakness.
- Jude 24–25 – Now to Him who is able to keep you from stumbling...

6) The Hope of Glory

- John 14:1–3 – I go to prepare a place for you.
- Romans 8:18 – The sufferings of this present time are not worth comparing with the glory that is to be revealed.
- Revelation 21:3–5 – Behold, the dwelling place of God is with man... He will wipe away every tear.

Note To Self: Remembering Who I am and what I have in Christ

Union with Christ is one of the richest themes in the Bible—it's the fountain from which justification, sanctification, adoption, and glorification flow. Below is a list of key biblical passages that highlight our union with Christ (in His death, resurrection, life, and glory).

1. Crucified and Raised with Christ

- **Romans 6:3–5** – “Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? ... if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his.”
- **Galatians 2:20** – “I have been crucified with Christ. It is no longer I who live, but Christ who lives in me.”
- **Colossians 3:1–4** – “If then you have been raised with Christ, seek the things that are above ... your life is hidden with Christ in God.”

2. In Christ = New Creation

- **2 Corinthians 5:17** – “Therefore, if anyone is in Christ, he is a new creation.”
- **Ephesians 2:4–6** – “God ... made us alive together with Christ ... and raised us up with him and seated us with him in the heavenly places.”

3. Abiding in Christ

- **John 15:4–5** – “Abide in me, and I in you. ... Whoever abides in me and I in him, he it is that bears much fruit.”
- **1 John 2:5–6** – “By this we may know that we are in him: whoever says he abides in him ought to walk in the same way in which he walked.”

4. Christ in Us, the Hope of Glory

- **Colossians 1:27** – “Christ in you, the hope of glory.”
- **Galatians 4:19** – “My little children, for whom I am again in the anguish of childbirth until Christ is formed in you!”

5. Marriage Union as a Picture

- **Ephesians 5:31–32** – “The two shall become one flesh. This mystery is profound, and I am saying that it refers to Christ and the church.”

6. No Condemnation in Christ

- **Romans 8:1** – “There is therefore now no condemnation for those who are in Christ Jesus.”
- **Philippians 3:8–9** – “... that I may gain Christ and be found in him, not having a righteousness of my own ... but that which comes through faith in Christ.”

7. Glorified with Christ

- **Romans 8:17** – “We are children of God, and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.”

2 Timothy 2:11–12 – “If we have died with him, we will also live with him; if we endure, we will also reign with him.”