



Today, let's take a moment to acknowledge that "the unexamined life is not worth living." We need to take time every day to pause, quiet ourselves, and ask, "how am I doing?" and "how am I doing with God?" When we don't, emotions can sneak up and surprise us in very unpleasant ways, and our spiritual life can slide into the background when it should be first and foremost in our lives. So today, let's take some time to ask that using the above picture.

Step 1: Find a quiet place, whether at home, at work, in your car, or out on a walk. This place should be free from distractions, both audible and visible.

Step 2: Place your hands on your lap with your palms open to God as a posture of openness and reception. Then ask God to reveal what He wants to reveal to you.

Step 3: When you feel you're ready, take a look at this picture. Which of these children best reflect how you feel right now? Once you've identified one (yes, only one) try to put into words why you chose this particular child.

Step 4: Bring that to God. Share with Him how you are feeling and why you are feeling that way. Let the conversation go where it will, whether gratitude or anger, whether confusion or contemplation.

Step 5: When you're done, thank God for hearing you and for sharing what He's shared.

This is an exercise you can do every day until it doesn't help anymore. Then find another way to share yourself with God. But never stop examining your life, and never stop sharing that with God. He may have something very important to say to you, but He will not force us to listen.