

The Gift of Another Day

Take a slow, deep breath in and acknowledge God's presence in this moment. Exhale and thank God for the gift of another breath.

Reflect on this gift of another day. For what experience am I most grateful? For which people in my life do I feel most thankful?

What moment today made me feel most at peace? What brought me the most joy?

What challenge did I face today? How did I respond to that challenge? What did I learn?

As I consider tomorrow, how do I want to enter into the gift of another day? How can I spread kindness and compassion to others around me?