

The Daily Card

THE WALK · MARTIN PFEIL · CHAPTER 6

MORNING

Before you look at your phone, take a few quiet minutes. Think about the day ahead and the people you will see. Then ask God to guide you.

God, guide me today. Keep me from selfishness, dishonesty, and fear. Show me who I can help, and how. Let me be useful.

Before you start, think about what you have going on today. Ask God to keep your thinking clean, with no feeling sorry for yourself, no lying, and no working angles. You still get to use your head and make plans. It just works a lot better when your reasons are right.

DURING THE DAY

Watch for four things: **resentment, selfishness, dishonesty, and fear**. When it comes, stop. Even for one breath. Ask God, quietly, to take it away. If you said or did something wrong, fix it right away. If it is bigger, call your trusted person.

WHEN YOU'RE STUCK

Some days you won't know what to do. Don't panic, and don't force it. Ask God for a thought, a nudge, or an answer, and then let it go for a while. A lot of us were surprised how often the answer just showed up once we quit wrestling with it. Not every idea that pops into your head is from God, so stay humble about it. But over time, you'll learn to trust it.

AT NIGHT

Before you sleep, look back over your day. Write it down. Ask yourself:

1. Was I resentful?
2. Was I selfish?
3. Was I dishonest?
4. Was I afraid?
5. Did it harm anyone?
6. Do I need to make it right?
7. Do I need to talk to anyone about it?
8. Was I mostly thinking about me today, or about what I could do for someone else?
9. Who did I help today, and where was I kind?
10. If I had today to live over, what would I do differently?

When you see where you went wrong, don't sit in it. Ask God to forgive you. Ask what you need to do to fix it. Then thank God for the day, and go to sleep.