

The Walk

NIGHTLY JOURNAL

Martin Pfeil

THEWALK.LOVE

At night

At night, before you sleep, look back over your day. Take a few minutes and write it down.

When you see where you went wrong, don't sit in it. Beating yourself up, worrying, or feeling guilty all night doesn't help anyone. It just makes you less useful tomorrow. Ask God to forgive you. Ask what you need to do to fix it. Then thank God for the day, and go to sleep.

IN THE MORNING

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.

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. The more you do this, the more those nudges come, until listening for them is just how you think. You won't always get it right. 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.

The four things we watch for

Throughout the day, and again at night, we watch for four things.

- **Resentment**: old anger I keep feeding.
- **Selfishness**: putting what I want ahead of everyone else.
- **Dishonesty**: lying to others, or to myself.
- **Fear**: letting fear make my choices.

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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?

Thank you for: _____

1 Was I resentful? ☐ Yes ☐ No

Where / how: _____

2 Was I selfish? ☐ Yes ☐ No

Where / how: _____

3 Was I dishonest? ☐ Yes ☐ No

Where / how: _____

4 Was I afraid? ☐ Yes ☐ No

Where / how: _____

5 Did it harm anyone?

6 Do I need to make it right?

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NOTES