

# THE POST-GAME REVIEW



TO SEE JESUS IN YOUR LIFE





Jesus is the perfect coach. He cares about you and wants you on His team. He knows how best to teach you the habits and skills you need to grow into the person He's created you to be. He's with you at every moment, cheering you on and helping you to improve the game of your life. Let Him coach you to live your life better by taking time to review your day. Do this every day and you will see Him in your life.

## RETURN TO THE FUNDAMENTALS (~2 MIN)

Begin with the Sign of the Cross, and take a moment to let Jesus remind you of His goodness, faithfulness, and mercy; He loves you, He likes you, and He has a plan for your life. Then ask for the grace to receive His love, and to look at the previous day through His eyes...

## CELEBRATE YOUR HIGHLIGHTS (~5 MIN)

Thank Jesus for all of the highlights you had throughout the past day. Those moments where you saw Jesus working...

## REVIEW YOUR MISSED OPPORTUNITIES (~5 MIN)

Ask Jesus for help to see where you may have missed Him working. Ask Him to forgive you for any sins and/or missed opportunities, and to help you do better in the next day.

## CREATE A NEW GAME PLAN (~1 MIN)

Make a specific game plan for your next day. What specific action can you take to improve in one area? How can you glorify Jesus more in your life? How can you serve the people around you?

## CLOSING PRAYER (~2 MIN)

Thank you, Jesus, for the many blessings of this day. Please forgive me for those times I missed the opportunity to live a better life with you. As the saints who have gone before me, please help me to live out this new game plan we have created and come back to you tomorrow so I can keep growing in holiness. Pray an Our Father. Amen

*"Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves" –Jesus (Matthew 11:29)*