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Our Continuing Conversation  
*\*look back at yesterday with Jesus\**

Jesus, how was our relationship yesterday? *Think back and listen to Him. Record your thoughts.*

In what ways did our relationship grow? In what ways was it harmed? *Ask Him...*

I would like for it to grow today by ... *Ask Him...*

What lessons were You teaching me yesterday?

Yesterday, what encouragements did I receive from You?

Looking back at my whole day, what challenges did I face?

Is there anything sin I need to confess to You? Please reveal all sin in my heart so I can surrender them.

What were the conditions when I was faced with temptation? What did I believe incorrectly?

How can I prepare for the next time I am tempted to sin/reject You? *Ask God.*

What burdens or concerns weigh my heart down that I can surrender to You? Show me Your wisdom...

What things can I seek You about today? What can I trust You about?

What Scriptures did You give me yesterday?

What Scriptures do You want me to meditate on today?

What is on Your heart for me today?

Jesus, I commit my day and night to You...

Delight yourself in the LORD, and he will give you the desires of your heart.  
Commit your way to the LORD; trust in Him, and He will act.

Psalms 37:4-5