Nightly Inventory

Five minutes before bed. Be honest, not harsh: see it, ask God's forgiveness, and ask what to do about it tomorrow. Then sleep.

TONIGHT'S REVIEW

1. Was I resentful, selfish, dishonest or afraid today? Where?

2. Do I owe anyone an apology? Who, and when will I make it?

3. Did I keep something to myself that I should talk over with my sponsor or someone I trust?

4. Was I kind and loving toward the people around me?

5. What could I have done better?

6. Was I thinking mostly of myself today, or of what I could do for others?

7. What am I grateful for today?

MY WEEK

Day	Resentful, selfish, dishonest, afraid?	Apology I owe, and to whom	What I'd do better	What I'm grateful for
1				
2				
3				
4				
5				
6				
7				

A night prayer

Lord, thank You for this day,
and for keeping me sober in it.
Forgive me where I fell short.
Show me what to put right tomorrow.
I give You the people I love
and the things I can't fix.
Let me rest in You tonight. Amen.

SCRIPTURE

> *"Let us test and examine our ways, and return to the LORD!"*
>
> LAMENTATIONS 3:40 · ESV

> *"Be angry, and do not sin; ponder in your own hearts on your beds, and be silent."*
>
> PSALM 4:4 · ESV

> *"In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety."*
>
> PSALM 4:8 · ESV