**Daily Spiritual Check-In**

**Purpose:**  
The Daily Spiritual Check-In worksheet is designed to help you pause, reflect, and reconnect with your faith each day. By cultivating gratitude, exploring scripture, and committing to intentional prayer, this exercise nurtures your spiritual well-being and anchors your soul in God’s presence.

**Gratitude Reflection**  
Take a moment to thank God for His blessings. Write down three things you are grateful for today:

**Scripture for the Day**  
Choose a Bible verse that resonates with your current feelings or challenges. Write it here:

*“*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”\_  
(Book, Chapter:Verse)

Why does this scripture speak to you today?

**Heartfelt Prayer**  
Begin with an honest conversation with God. Write your prayer below, expressing your hopes, struggles, and thankfulness:

*“Dear Lord,*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Amen.”\_

**Daily Spiritual Intention**  
Set one intention for how you will embody your faith today. This could be through an act of kindness, prayer, or trusting God more deeply.

Today, I will:

**Reflection at Day’s End**  
As the day closes, reflect on how you experienced God’s presence.

What went well today?

Where did you feel God working in your life?

Through this practice, may you draw nearer to God and experience His peace and guidance each day.