

Day 6

“At night before you go to sleep, you should retire to some place and examine the things which happened to you that day, your thoughts, words and actions, examining your conscience with great diligence . . . and at the end you should say an Our Father and a Hail Mary. After this has been finished, you should lie down, occupying yourself with the thought of how you are to amend yourself on the following day.”

*Letter to Jesuit Novice, João Bravo, from Malacca in Malaysia
23rd June 1549*

Reflection

- Take a few moments think back over your day.
- What were the thoughts, the words and the actions of which you were most proud?
- Were there any thoughts, or words or actions which you regret?

Prayer

**Father,
as I look back on this day,
there are so many teeming thoughts,
such a babble of words,
and such a blur of activity,
that it is difficult to see
your gentle and faithful presence
amid it all.
Show yourself to me today,
and every day.
Amen.**