



inspired by the work of
♦ Henri Nouwen ♦

God in My Day

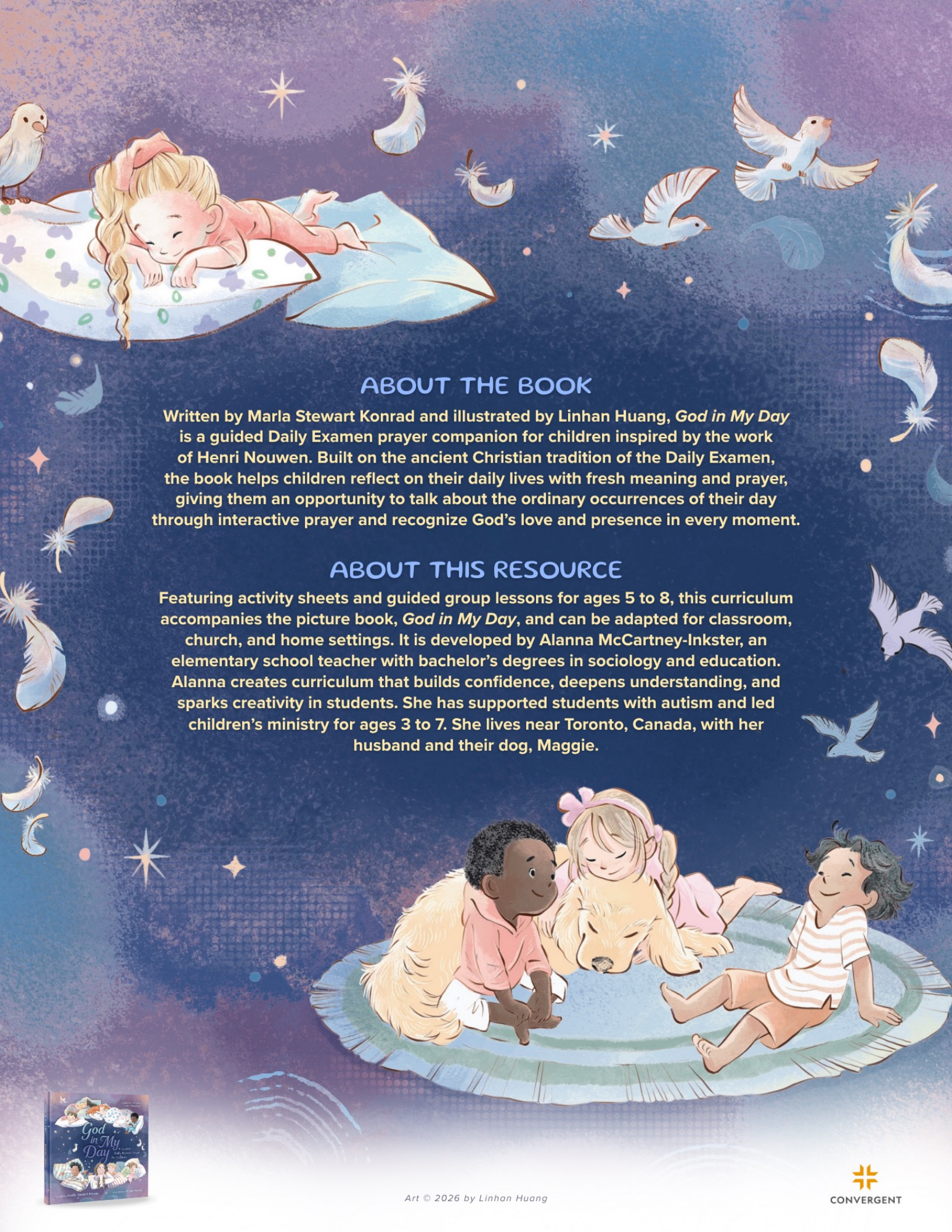
A Guided
Daily Examen Prayer
for Children



written by Marla Stewart Konrad

illustrated by Linhan Huang

**A Daily Examen
Curriculum Resource
for Ages 5-8**

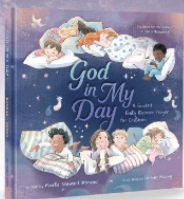


ABOUT THE BOOK

Written by Marla Stewart Konrad and illustrated by Linhan Huang, *God in My Day* is a guided Daily Examen prayer companion for children inspired by the work of Henri Nouwen. Built on the ancient Christian tradition of the Daily Examen, the book helps children reflect on their daily lives with fresh meaning and prayer, giving them an opportunity to talk about the ordinary occurrences of their day through interactive prayer and recognize God's love and presence in every moment.

ABOUT THIS RESOURCE

Featuring activity sheets and guided group lessons for ages 5 to 8, this curriculum accompanies the picture book, *God in My Day*, and can be adapted for classroom, church, and home settings. It is developed by Alanna McCartney-Inkster, an elementary school teacher with bachelor's degrees in sociology and education. Alanna creates curriculum that builds confidence, deepens understanding, and sparks creativity in students. She has supported students with autism and led children's ministry for ages 3 to 7. She lives near Toronto, Canada, with her husband and their dog, Maggie.





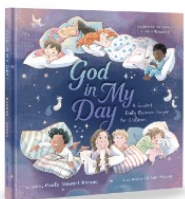
LESSON 1: GOD IN MY DAY (LITERACY/BIBLE)

Children will be able to:

- Develop oral and written skills by responding to prompts
- Practice listening skills
- Identify themselves in the biblical story as God's beloved children
- Understand that praying about all things is a way of growing in closer relationship with God

Materials:

- The book, *God in My Day* by Marla Stewart Konrad
- Bible
- Printable journal prompts (see pages 13-17)
- Journals (folders or lined notebooks to glue journal prompts into)
- Pencils, erasers, pencil crayons, and glue sticks
- *Optional: Materials for Extension activities*



Lesson Steps:

Minds On! (15 minutes)

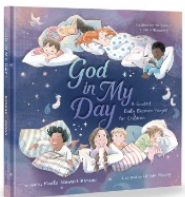
Read the book: Invite children to gather around for a read-aloud of *God in My Day*, pausing at the Examen prompts in the book and giving students personal examples. The teacher may say:

- “I want to show you how much I love you. I can do that by . . . singing worship songs at church.”
- “I feel proud of myself when I stick with something that’s hard to do, like figuring out a math problem.”

Discuss: Reiterate with children that they can talk to God about all the details of their day—the good and the hard things. Prayer is a way of being in a close relationship with God. We can talk to God by praying together, by praying quietly to ourselves, and by writing our prayers to God.

Scripture reading: Read *Jeremiah 29:11-12* aloud, and explain to children that God deeply loves all of us, has plans for our future, and wants to listen to our prayers.

- Suggestion: Write these verses on chart paper to hang on the walls. Direct children to it throughout the year, reminding them that God loves them and delights in their prayers.



Action (15 minutes)

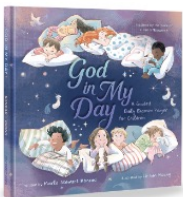
Hand out journal prompts (see pages 13-17) focusing on one of the prompts that was highlighted as an example during the read-aloud time. Give children time to reflect, draw, and write.

Consolidation (15 minutes)

- Sit with children in a circle. Remind children that each of them is very special and “beloved” by God, which means that God created each of them and loves them deeply, exactly as they are.
- Lead children through a listening circle. Remind them that every person in the circle is beloved by God and has a unique gift to share, and we want to make sure that everyone is listened to.
- Allow each child to share one response to the prompt they were given.

Extensions

- Organize a talent show where children can share their unique gifts.
- Provide children with the greeting card templates (see pages 7-10) to create cards for loved ones. The teacher may want to incorporate this for a specific occasion, such as for someone in the community who is going through a difficult time.
- Hang up a “feelings chart” poster with colors. This can be used as a tool for children to communicate their feelings by pointing to a color. Emphasize throughout the year that children can show God their feelings, even if they have a hard time talking about them. Remind children that God sees us and loves us in all of our feelings.





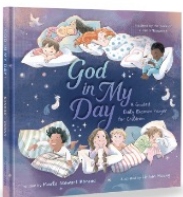
LESSON 2: CARING FOR GOD'S WORLD (SCIENCE/LITERACY)

Children will be able to:

- Develop oral and written skills by responding to prompts
- Practice listening skills
- Understand that God created the world, and they can praise God every day while admiring God's creation
- Understand their ability to love and care for God's world

Materials:

- The book, *God in My Day* by Marla Stewart Konrad
- Journals (folders or lined notebooks to glue journal prompts into)
- Printable journal prompts (see pages 13-17)
- Pencils, erasers, pencil crayons, and glue sticks
- *Optional: Materials for Extension activities*





Lesson Steps:

Minds On! (15 minutes)

Invite the children to sit in a circle.

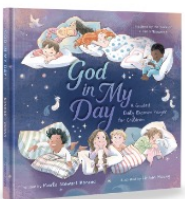
Turn to the page about noticing God's creation in the book, *God in My Day*. Ask the children to think about a time when they were outside and whether they noticed something special or interesting, then invite them to share in a listening circle. Emphasize that every person in the circle is beloved by God and has a unique gift to share, and that we want to make sure everyone is listened to.

Action (15 minutes)

Go on a Creation Walk outside. This can be at the playground, on the school or church property, or close by in the neighborhood. Guide children through the walk, directing their attention to beautiful things in creation they can see—for example, trees, flowers, squirrels, or bugs. Offer reminders of how God created all of these things, and how we can be thankful for them! We can praise God by taking care of the world around us.

Consolidation (15 minutes)

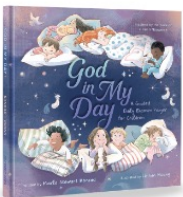
In class, provide children with the journal prompt page that says, "*I noticed some beautiful things in your world. Those things were...*" and give children time to draw and write their responses.





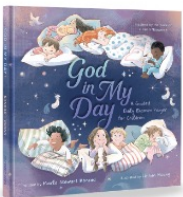
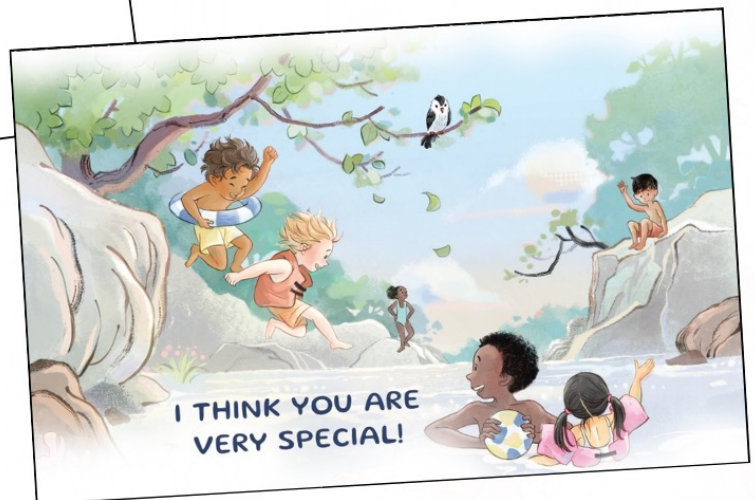
Extensions

- Provide children with the bookmark “God wants me to care for our world” on page 11.
- Engage children in a discussion about what things they can do to care for God’s creation. Guide children to discuss small things they can do every day, such as recycling paper, feeding seeds to birds, and being gentle with bugs.
- Incorporate a project for the class to work on together, based around the theme of caring for God’s creation. Some project suggestions include:
 - Setting up a bird feeder on the property.
 - Planting a garden box of wildflowers for pollinators.
 - Planting seedlings in small cardboard pots and growing them in class. Children can take the seedlings home or give them away to loved ones and neighbors.



PRINTABLE GREETING CARDS

The following pages contain greeting cards inspired by *God in My Day*. Print the cards on white cardstock. Fold them in half using the solid lines as a guide, then cut them out along the dotted lines. Invite children to write and draw their messages inside the cards.

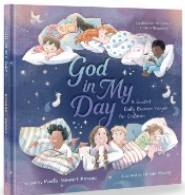
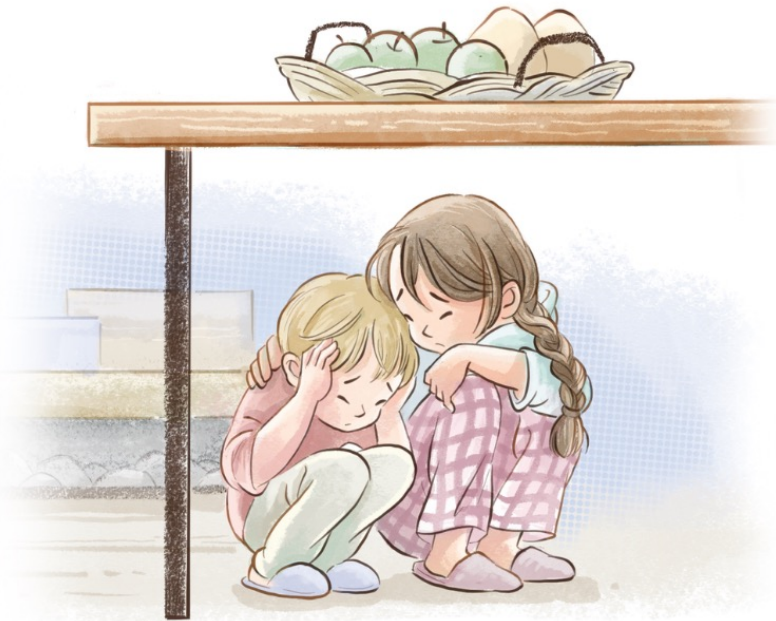




Fold

Fold

I AM SORRY YOU ARE HAVING A HARD TIME.

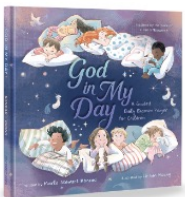




Fold

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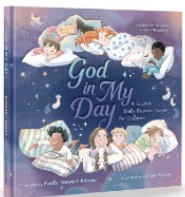
THANK YOU FOR HELPING ME!





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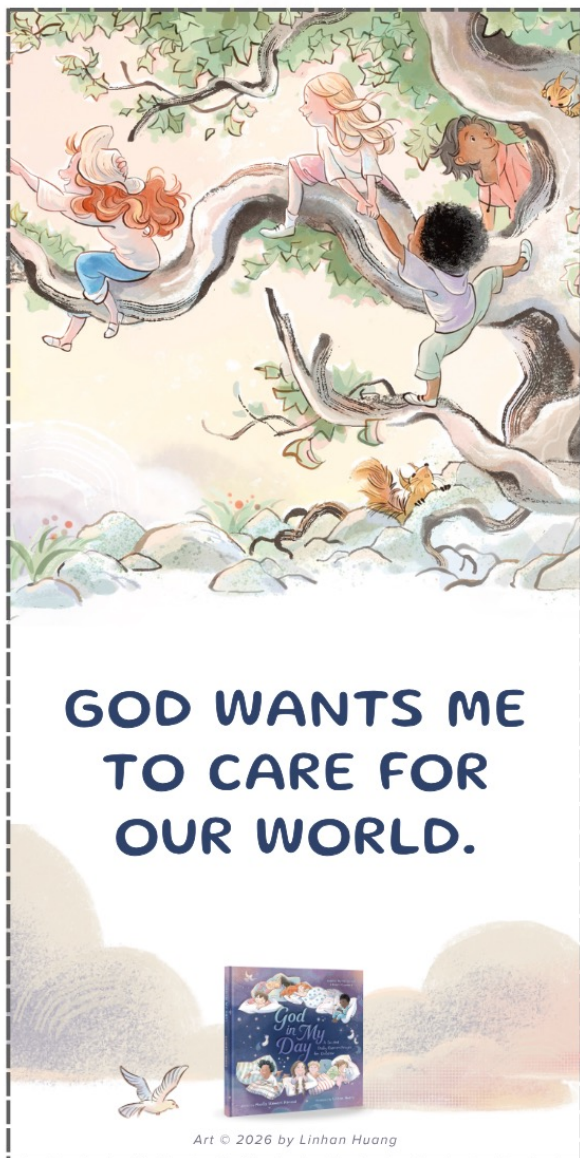
Fold





PRINTABLE BOOKMARKS

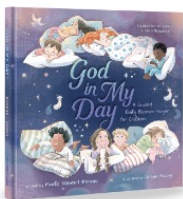
Print the bookmarks on cardstock and cut along the dotted lines. Invite children to personalize the blank sides of the bookmarks using the prompts below.



Draw a picture of how you like to care for the world on the other side of the bookmark.



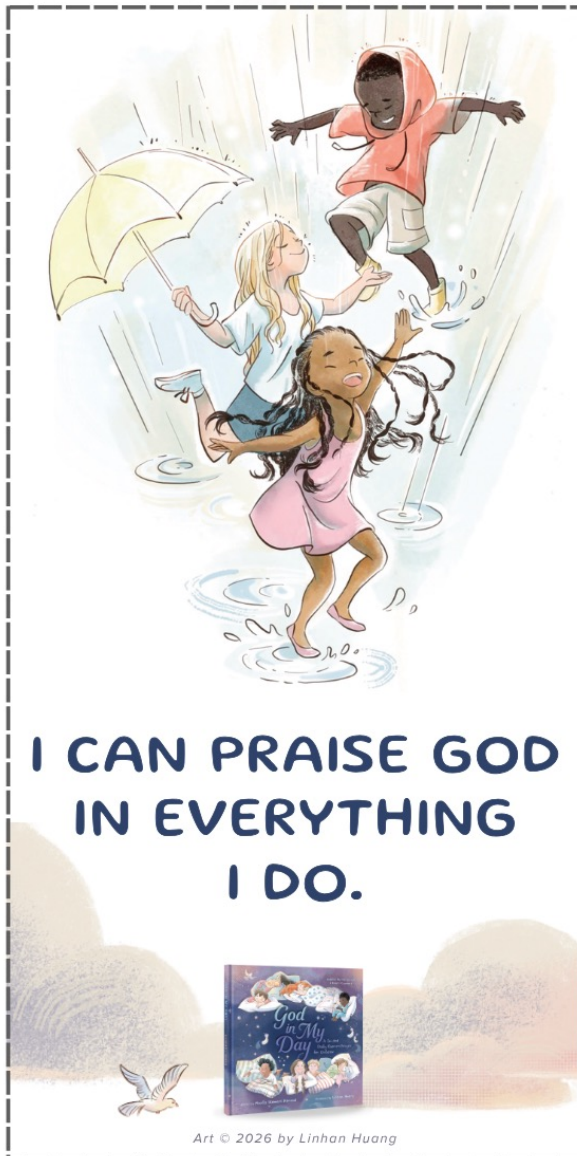
Draw a portrait of yourself on the other side of the bookmark.



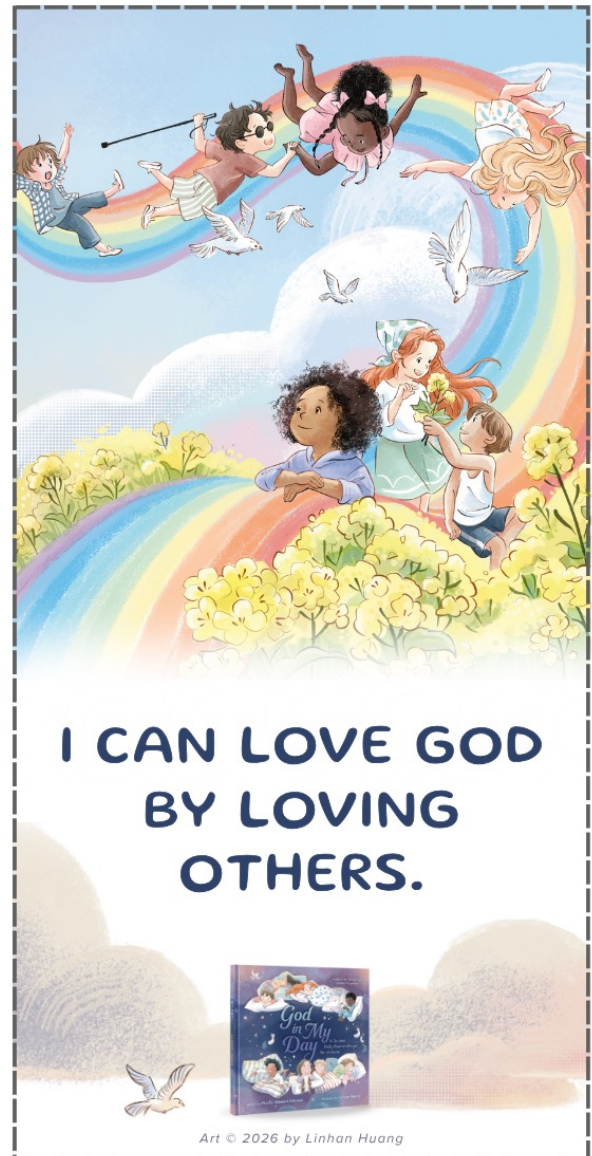


PRINTABLE BOOKMARKS

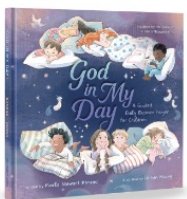
Print the bookmarks on cardstock and cut along the dotted lines. Invite children to personalize the blank sides of the bookmarks using the prompts below.



*Draw a picture of you praising God
on the other side of the bookmark.*



*Draw a picture of someone you love
on the other side of the bookmark.*





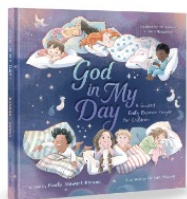
JOURNAL PROMPTS

The following pages contain printable journal prompts that encourage children to practice elements of the Daily Examen. Invite children to pick a prompt, then write and illustrate their answers in the blank spaces.

Art © 2026 by Linhan Huang



DEAR GOD, I WANT TO SHOW YOU HOW MUCH I LOVE YOU. I CAN DO THAT BY . . .



DEAR GOD, I WANT TO TELL YOU
ABOUT MY DAY. IF MY DAY WAS A
COLOR, I THINK IT WOULD BE . . .

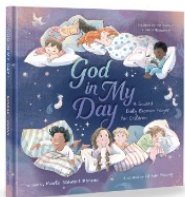


Art © 2026 by Linhan Huang

DEAR GOD, YOU WERE WITH ME ALL DAY, EVEN WHEN
I DIDN'T NOTICE YOU! THESE ARE SOME THINGS THAT
HAPPENED TO ME TODAY . . .



Art © 2026 by Linhan Huang



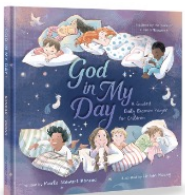


**DEAR GOD, THERE WERE
SPECIAL PEOPLE IN
MY DAY. THEY ARE
SPECIAL BECAUSE . . .**

**DEAR GOD, SOME THINGS MADE ME
HAPPY TODAY. MY FAVORITE WAS . . .**



Art © 2026 by Linhan Huang



**DEAR GOD, I FEEL PROUD OF MYSELF
WHEN . . .**

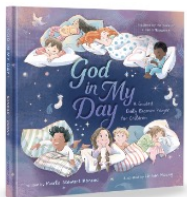


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**DEAR GOD, SOME HARD THINGS
HAPPENED TO ME TODAY.
HERE'S HOW I FELT . . .**

Art © 2026 by Linhan Huang





**DEAR GOD, I NOTICED SOME BEAUTIFUL THINGS
IN YOUR WORLD. THOSE THINGS WERE . . .**

Art © 2026 by Linhan Huang



**DEAR GOD, I KNOW SOME PEOPLE
WHO ARE HAVING A HARD TIME.
PLEASE HELP THEM . . .**

Art © 2026 by Linhan Huang

