

END OF YEAR REFLECTION



INTRO

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Socrates said, “The unexamined life is not worth living.”

As we begin to close out the year and turn towards 2025, it’s important to stop, take stock, and reflect on what has happened in our lives this past year.

Here are some prompts to reflect on your walk with God this year in the key areas and moments of your life.

WIFE

DID YOU PRIORITIZE HER WELL THIS YEAR?

WHAT WERE THE MOST MEANINGFUL
MOMENTS TOGETHER?

WHAT CHALLENGES TESTED YOUR RELATIONSHIP?

HOW CAN YOU BETTER REFLECT
CHRIST'S LOVE FOR HER?

KIDS

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DID YOU MAKE TIME TO DISCIPLE
AND NURTURE THEM?

WHAT WERE THE HIGHLIGHTS OF YOUR
RELATIONSHIP WITH YOUR KIDS?

ANY MISSED OPPORTUNITIES YOU REGRET?

HOW CAN YOU FOSTER THEIR
SPIRITUAL GROWTH?

EXTENDED FAMILY

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WHAT RELATIONSHIPS DID I NURTURE THIS YEAR?

WHAT CONFLICTS OR REGRETS WERE THERE?

WHAT PLANS CAN I MAKE TO DEEPEN MY CONNECTIONS?

FRIENDS

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WHO IMPACTED YOU THE MOST?

WHAT FRIENDSHIPS DO I WANT TO CULTIVATE MORE INTENTIONALLY THIS COMING YEAR?

KEY EVENTS OF THE YEAR

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WHAT WERE THE MOST DEFINITIVE
EVENTS OF THE YEAR?

HIGHS

LOWS

WHAT DID THESE EVENTS TEACH YOU?

HOW DID YOU SEE GOD'S HAND
IN THESE MOMENTS?

WHAT LESSONS OR GRATITUDE
CAME FROM THESE HIGHS?

HEARTACHE AND JOY

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TOP 5 MOMENTS OF HEARTACHE

1.	
2.	
3.	
4.	
5.	

TOP 5 MOMENTS OF JOY

1.	
2.	
3.	
4.	
5.	

LIFE'S FOUR DIMENSIONS

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REFLECT ON YOUR PHYSICAL, SPIRITUAL, MENTAL, AND EMOTIONAL WELL-BEING

----- PHYSICAL -----

HOW WAS YOUR HEALTH THIS YEAR?

WHAT HABITS HELPED OR HURT?

----- SPIRITUAL -----

MILESTONES OR REVELATIONS
IN YOUR FAITH JOURNEY?

SPIRITUAL DISCIPLINES PRACTICED
OR NEGLECTED?

LIFE'S FOUR DIMENSIONS (CONT.)

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REFLECT ON YOUR PHYSICAL, SPIRITUAL, MENTAL, AND EMOTIONAL WELL-BEING

----- MENTAL -----

HOW DID YOU CHALLENGE YOUR MIND?

DID YOU READ, LEARN, OR CREATE?

----- EMOTIONAL -----

DID YOU PROCESS EMOTIONS WELL?

WHAT TRIGGERED YOU MOST?

FORMATION

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WHAT PRACTICES OR DISCIPLINES
DREW YOU CLOSER TO CHRIST?

WAS THERE A VERSE, TEACHING, OR TRUTH
THAT ANCHORED YOU THIS YEAR?

HOW DID YOU SERVE OTHERS
IN OBEDIENCE TO GOD'S CALL?

HOW DID YOU PARTICIPATE IN THE MISSION OF
GOD (IN YOUR HOME, CHURCH, OR COMMUNITY?)

DEFORMATION

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WERE THERE HABITS, SINS, OR DISTRACTIONS
THAT PULLED YOU AWAY FROM GOD?

WHAT AREAS OF YOUR LIFE ARE STILL
UNDER SURRENDER TO CHRIST?

HOW DID YOU RESPOND TO CONVICTION
FROM THE HOLY SPIRIT?

KEY MOMENTS OF REFLECTION

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MOST FAITH-BUILDING EXPERIENCE

MOST CHALLENGING FAITH TEST

A MOMENT OF GRACE YOU'LL NEVER FORGET

ACCOMPLISHMENTS AND REGRETS

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----- ACCOMPLISHMENTS -----

WHAT DID YOU ACHIEVE THIS YEAR?

WHICH ONES ARE YOU MOST PROUD OF?

----- REGRETS -----

WHAT WOULD YOU DO DIFFERENTLY?

WHAT LESSONS CAN YOU CARRY FORWARD?

GRATITUDE INVENTORY

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WRITE A LIST OF THINGS, PEOPLE, AND MOMENTS YOU ARE GRATEFUL FOR THIS YEAR.

WHO SHOWED UP FOR YOU?

WHAT SURPRISED YOU WITH JOY?

HOW DID GOD PROVIDE OR REVEAL HIMSELF TO YOU?

LOOKING BACK

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IF I HAD THE YEAR TO DO OVER...

WHAT WOULD YOU DO DIFFERENTLY?

WHERE WOULD YOU TAKE RISKS?

HOW COULD YOU BETTER PRIORITIZE
WHAT MATTERS MOST?

VISION FOR NEXT YEAR

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KEY WORDS OR THEMES

CHOOSE 1-3 WORDS OR PHRASES THAT WILL GUIDE YOUR NEXT YEAR
(E.G. "PRESENCE," "DISCIPLINE," "COURAGE").

PRAYERS OF REPENTANCE AND GRATITUDE:

WHERE DO I NEED TO ASK FOR
FORGIVENESS THIS YEAR?

WHAT CAN I BE GRATEFUL FOR THIS YEAR?