

Examine your year with God

It is the season when we celebrate the close of a year and anticipate the newness of the year to come. This special occasion is the perfect opportunity to pause and reflect on the previous year with God. Remembrance is a gift that allows us to move through our future guided by the wisdom of our past and an ever-growing trust as we recall the ways God has been a part of our lives. Countless times, God reminded Israel to "not forget the Lord, who brought you out of Egypt, out of the land of slavery." May we too not forget the lessons and transformation that grew from our lives with God in 2022.

Based on an ancient Christian practice called the Examen, the following prompts are designed to help you spend time in remembrance with God and reflect on the previous year.



I encourage you to use a separate sheet of paper to move through the following questions with God. Spend as much time as you need in conversation at each prompt.

- REVEAL** Ask God to open your eyes to where God was present throughout the year. Ask God to bring to mind greater awareness of yourself: your actions, your attitudes, your emotions, and your predominant thoughts throughout the year.
- RELISH** Settle into a posture of gratitude. What gifts did you receive this year? What are you thankful for from the past year? Where did you experience delight and joy?
- REPLAY** Replay the events of the year with God. Pay special attention to the moments when you experienced strong emotions. Notice where you felt God was present.
- REMORSE** With grace and compassion, reflect with God on the difficulties and challenges of the past year. What actions or attitudes did not allow you to be a light in the world?
- RESOLVE** Ask God to give you direction on how to move into a deeper relationship with God in the year ahead. What is God inviting you into in 2023? Is there a word, phrase, or image that God is offering to help direct you?