

Yearly Reflection



Year:



What has brought me joy this season?

What has caused sadness or hurt this season?

What have I learned about God and about myself?

What scriptures have been meaningful to me and what has God been telling me through them?

What books, podcasts or sermons have been life changing?

Who are the people I've learnt from this year?

What rhythms or practices have helped sustain me this year?

What am I holding onto that is causing bitterness and resentment in me?

What questions am I carrying?

What do I need to confess and release to God before moving into the season ahead?

What clues from these answers help me as I set my intentions for the year ahead?

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WELCOME
Soul

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WHAT HAS BROUGHT ME JOY THIS SEASON?

WHAT HAS CAUSED SADNESS OR HURT THIS SEASON?

WHAT HAVE I LEARNED ABOUT GOD AND ABOUT MYSELF?

WHAT SCRIPTURES HAVE BEEN MEANINGFUL TO ME AND WHAT HAS GOD BEEN TELLING ME THROUGH THEM?

WHAT BOOKS, PODCASTS OR SERMONS HAVE BEEN LIFE CHANGING?

WHO ARE THE PEOPLE I'VE LEARNT FROM THIS YEAR?

WHAT RHYTHMS OR PRACTICES HAVE HELPED SUSTAIN ME THIS YEAR?

WHAT AM I HOLDING ONTO THAT IS CAUSING BITTERNESS AND RESENTMENT IN ME?

WHAT QUESTIONS AM I CARRYING?

WHAT DO I NEED TO CONFESS AND RELEASE TO GOD BEFORE MOVING INTO THE SEASON AHEAD?

WHAT CLUES FROM THESE ANSWERS HELP ME AS I SET MY INTENTIONS FOR THE YEAR AHEAD?