



New Year **REFLECTION**

“This is what the LORD says:
‘Stop at the crossroads and look around.
Ask for the old, godly way, and walk in it.
Travel its path, and you will find rest for your souls.’”

Jeremiah 6:16a

STOP AT THE CROSSROADS

The new year is a natural time for a fresh start, and many people use it as a chance to make renewed commitments and resolutions to live the way they intend. However, we know there's also a regular pattern of disappointment, frustration, and broken expectations when we realize that our best laid intentions don't always translate to real, lasting change. This guide is NOT intended to help you make new year's resolutions. **Instead, you are invited to spend some time at the crossroads of the new year to pause and reflect with God on your life.** Ask the Creator of your life to help you see with his perspective and consider what path you want to walk in the days, weeks, and year ahead.

PREPARATION

Set aside an intentional time and place to work through this document. If you can, make it a space that is protected from distractions and that allows you to step outside of your normal routine. Consider turning your phone to "Do Not Disturb" mode. You could also do something that helps you shift gears and relax, like taking a short walk outside, taking some deep breaths, or listening to a worship song.



BEGIN WITH GRATITUDE

*"Let my soul be at rest again,
for the Lord has been good to me."*
Psalm 116:7

Use the space on this page to write down everything you are grateful to God for this past year. Get specific and list as many as you can.

- Once you have filled the page, pause and read through them.
- Take a moment to tell God thank you for all his good gifts.
- Try to sense God's response to your gratitude.

LOOK AROUND

Next, try to do an honest inventory of the specifics of your life right now.

Pick several of the questions below to notice some of the details of the past year. Take some notes in the space provided.

- What were the key moments of this year?
- Who were some of the key people involved?
- What were some of the main questions asked throughout the year?
- What do I wish went differently?

- When did I notice God working?

- Who or what brought encouragement? Why?

- What was a scripture verse that meant a lot?

- What did I learn?



SNAPSHOTS OF KEY AREAS

Without overthinking it, write down a word or phrase that describe the current state of different areas of your life:

My spiritual life this year:

My relationships this year:

My mental/emotional health this year:

My physical health this year:

My work/purpose this year:

My financial health this year:

Anything else worth noticing:



ASK FOR THE GODLY WAY

Pause and invite God to help you look back over your reflection so far. Ask God's Spirit to show you what you most need to notice.

Take time to talk to God in prayer. Allow time to be silent, too.

Spend a few moments reflecting on one of the following Scriptures:

- Psalm 139
- John 15:1-17
- Romans 12

Do you sense God bringing anything to your attention?



While we don't fully know what lies ahead, pause and consider the upcoming year.

Pick several of the questions below to consider the road ahead of you. Take some notes in the space provided.

- What will be important in the next few months?
- What do I want most?
- Is there anything I need to change? (What's one step I can take in that direction?)

- What have I always wanted to do?

- Where and how do I want to invest my time and energy?

- What questions do I have about the next season?



WALKING INTO WHAT'S NEXT

Ask God to guide you as you read through your notes once more.

- **What might God want me to do next?**
- **What is becoming clear?**
- **Is there a word or phrase that you want to embrace?**
- **Is there a trusted friend I can share some of this with?**

Close your time of reflection by praying and inviting God to guide your steps. If it's helpful, write some of your prayer in the space provided.

WANT MORE TOOLS FOR REFLECTION AND GROWTH?

“The Intentional Year” by Holly & Glenn Packiam

<https://www.amazon.com/Intentional-Year-Rhythms-Finding-Freedom/dp/1641583940>

Soul Care

<https://www.soulcare.com/>

Prayer of Examen

<https://www.wschurch.org/content/shepherding/PrayerOfExamen.pdf>

Immanuel Prayer Journaling

<https://www.wschurch.org/Content/shepherding/ImmanuelPrayerHandout.pdf>

More West Side recommended resources

<https://www.wschurch.org/resources>

