

2018

r e f l e c t
&
r e j o i c e

looking back to look ahead

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STEP 1:

R E M E M B E R

Ask: What were the highs and lows in the following areas from the past year?

Spiritually:

Relationally:

Physically:

Emotionally:

"I will remember the days of old; I will meditate on all that you have done; I will ponder the work of your hands" Psalm 143:7

STEP 2:

R E F L E C T

Ask: On a scale from 1-10, how would you rate your year in the following areas?

Spiritual Disciplines

Bible Study

Prayer

Fellowship with believers

Sharing your faith

Serving in Church

Discipleship

Giving financially

Relational Investment

Romantic

Familial

Social

Professional

Ministry

Other

Physical Stewardship

Exercise

Sleep/rest

Eating

Emotional Self-Care:

Managing anxiety & depression

Managing stress & anger

Experiencing joy & gratitude

Experiencing grief & disappointment

Navigating transition

Letting others into your emotional welfare

Processing your emotions

STEP 3:

R E S P O N D

Ask: What did you do well this year that you want to continue doing next year? What do you want to do differently in the coming year?

Spiritually:

Continue doing:

Do differently:

Relationally:

Continue doing:

Do differently:

Physically:

Continue doing:

Do differently:

Emotionally:

Continue doing:

Do differently:

STEP 4:

R E J O I C E

"Giving thanks to the Father who has qualified you to share in the inheritance of the saints in light. He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins" Colossians 1:12-14

Praise God that our actions don't define us! Praise God that Jesus qualifies us, not how well we did or didn't do this year. No matter what your year held, take a moment to thank God for his provisions. All things considered, you're still standing and he hasn't left you.

Ask: What has lead you to rejoice this year? Write it down...

STEP 5:

R E O R I E N T

"If then you have been raised with Christ seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth" Colossians 3:1-2

Before setting goals or resolutions for the coming year, invite God into the process. Pray and ask God to align your heart with his, your vision with his, your ambitions with his. Ask him to set your mind on the things that are above, ask that you may be about what he is about. Ask him to help you embrace your identity as his child, an ambassador for the kingdom and a minister of reconciliation.

Ask: Consider any goals you may have for the coming year. Who will your goals ultimately serve, glorify, and please? Essentially, are your goals more "God-focused" or "you-focused"? Are your goals seeking the things that are above or the things that are of the earth?

Remember, there's nothing inherently wrong with good old fashion "just because I want to" desire for self-betterment, and you certainly don't need to over spiritualize something simply for the sake of having holy goals. But do take a moment to evaluate your desires for the coming year and consider how you can align your heart and your goals with God's heart for his people.

STEP 6:

R E S O L U T I O N S

Spiritual goals:

Relational goals:

Physical goals:

Emotional goals:

If you were to choose one word to summarize your goals for 2019, it would be: