

2019-2020

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

Investment in Relationships

Romantic
Familial
Social
Professional
Ministry
Other

Physical Stewardship

Exercise
Sleep/rest
Eating well

Financial Stewardship

Budgeting and money management
Saving
Giving and generosity
Paying off debt
Investing

Mental & Emotional Self-Care:

Managing anxiety & depression
Managing stress & anger
Experiencing joy & gratitude
Experiencing grief & disappointment
Navigating transition
Sharing your emotional welfare with trusted confidants
Processing your emotions
Identifying negative thought patterns

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:

R E S O L U T I O N S

Creative goals:

Financial goals:

Professional goals:

Other goals:

If you were to choose one word to summarize your goals for 2020, it would be: