

# NEW YEAR'S GUIDED REFLECTION

I wanted to share some reflection questions that I have found helpful in my life over the years. Last year our small group took an evening and worked through a number of these questions together and people found it helpful. (By together I mean we read a question, put some music on, people wrote in their journals, then moved to another question. At the end we shared about it a bit.)

I wanted to make them available to everyone in case they would be beneficial to either you as an individual or as small group. (And if you do it as an individual I'd encourage you to share some of your insights with someone you trust.) Enjoy!

## IF YOU USE THESE IN A SMALL GROUP SETTING, I'D ENCOURAGE THE FOLLOWING:

- Have people bring notebooks or journals.
- Don't give all the questions at once. Give one, then allow people 5 - 10 minutes to write. Then either give a chance to share or move to the next question.
- Give time for different questions but don't feel pressure to give people all the time they need, this may simply be starting something they continue in their own time.
- Give people a chance to share insights but don't force any sharing.
- Don't feel pressure to get through all the questions. You can always give people take-away questions at the end.

## QUESTIONS FOR GUIDED REFLECTION:

### LOOKING BACK ON LAST YEAR

- What were the important events in your life this past year? In other words, what events impacted you in significant ways?
- Write the following 5 categories down. Physical, emotional, relational, vocational, spiritual.
  - For each category, write 5 words or phrases that characterized that area for you this past year.
- Pay attention to what has your attention. What things had most of your mental and emotional attention this past year?
- What things are you thankful to Jesus for this past year?
- Where did you sense God's presence this past year? Or perhaps, where can you see God's presence in your life in hindsight?

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## LOOKING AHEAD TO NEXT YEAR

- What events or decisions are awaiting you in the next year?
- What things are you going to need to trust Jesus in the next year?
- Where do you want to focus your energy in the next year?
- What do you want to add or embrace in the next year?
- What needs to be released, subtracted, or said 'no' to in the next year?
- If Jesus came to you and asked, "What do you want me to do for you?" how would you respond?

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## DEBRIEF THE REFLECTION TIME AS A GROUP

- What did you notice as you worked through these questions?
- Did you notice any themes or threads running through your reflection?
- Did anything surprise you or catch you off-guard?
- What's one takeaway for you from this as you go into next year?