

REFLECTION, REFOCUS, RELEASE

Where you were, where you're going, and how you will get there.



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There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace. What do workers gain from their toil? He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end. I have seen the burden God has laid on the human race.

- Ecclesiastes 3:1-11

REFLECT & REFOCUS

Where you were...

GRATITUDE - What are you thankful for in 2021? Get specific. Is it a person? A place? An event?

LIFE GIVING - What was exciting? Fun? Perhaps it was an experience, a hobby, a relationship, a newfound joy...?

BRAVERY - In what areas did you walk in obedience even when it was difficult? How were you brave in that?

SORROWS & LOSS - Spend some time giving space to the parts of your life that felt hard, difficult or that simply weren't great. Make room for grief.

DISTRACTIONS - What were some of the things or people that distracted you or held you back this year?

CELEBRATE - What did you accomplish in regards to health, relationships, spirituality, or a goal achieved?

SURPRISES - What was unexpected? What caught you off guard, in either positive or negative ways?

DIFFERENCE MAKER - Who is someone who helped change your life this year? It could be a friend, family member, mentor, or even a little one.

RELEASE - What do you need to let go of in order to move forward? It can be a thought pattern, a behavior, a belief, a habit... what has to GO in order for you to GROW?

MOVE - Is there something you're needing to DO MORE of or engage with in order to become the person you're meant to be?



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REPENT & RELEASE

Where you were...

So often we get stuck in sin patterns. The nature of sin is to HIDE from us. Spend time examining your heart & prayerfully consider where sin might be hiding.

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Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.
- Hebrews 12:1

WRITE IT OUT - What sins have kept you stuck this year? What do you want release and forgiveness from?

Is there someone you need to forgive? Is there someone with whom you need to seek forgiveness?

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Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.
- Psalms 139:23-24