

## REFLECTING on 2024

Find a quiet space to listen to God and reflect. Set aside up to an hour. (Note: You can do this with your spouse but, ideally, do this as an individual.)

**Pray** – Let God know that you want to hear Him and ask God to guide you.

1. **Grieving:** For many, it has been another year of challenge, change, conflict, chaos, hard decisions, loneliness, and or losses. Grieving with God is a biblically healthy and needed outlet, especially in difficult seasons.

- a) What's been hard this year?
- b) What's been disappointing or a struggle?
- c) Who or what has been lost, or at least seems lost?
- d) Read Psalm 13. Consider writing your own psalm of lament.
- e) Write or say a prayer using these prompts:
  - Lord, these are some of the things that have been hard this year....
  - Lord, I need your help. Would you help....
  - Lord, I choose to trust you regardless. You are....

2. **Celebrating:** Even in hard years there are blessings, special surprises and concrete examples of God's goodness and provision. Thankfulness fights any sense of entitlement. (Psalm 105:1-2)

- a) What are you thankful for?
- b) How have you seen God at work? How has he protected, provided, answered or helped?

- c) Write your own psalm of praise and thanksgiving.
- d) You could also write or say a prayer using these prompts:

- I am thankful that you have...
- I am thankful that you are...

3. **Entrusting:** How are you feeling about the year ahead? Whether you have hopes, dreams, fears or worries, you are called to entrust all to God. The end result is deeper peace, increased freedom and deeper connection with God. (Psalm 55:22)

- a) What emotional, mental or practical burdens are you carrying into this new year?
  - b) Are there some people, situations, circumstances, unfinished business or uncertainties that are weighing on you?
- Reflect on what you are consciously and unconsciously carrying. Make a list.
  - Pray this simple but powerful prayer for every item on your list: God, by your grace, I choose to entrust \_\_\_\_\_ into your good care.

(The above was adapted from Dr. Steve Brown)

*Personal spiritual growth includes reflecting on what we have learned from our past experiences.*