

- Invitation to communication with God (Jn 10:27, Ex 19:3-6, Gen 3:8-9)
- Gratitude & Thanksgiving (Ps 100:4, Hab 2:1-2)

What are at least 3 things you're thankful for that happened in 2025?

Remember with God (Deut 6:4-9, Josh 4:1-7)

Develop one of these memories engaging as many senses as possible and asking God to show you what he's thankful for as well.

Release and Exchange (Isaiah 43:18-29, Isaiah 43:25, Phil 3:13-14, 1 Peter 5:7)
Release may be slow, it may not feel complete... have grace for yourself and ask God for what he wants to give you in place of what you release or how it looks to carry (yoke) the concern with him.

Let God encourage you (Isaiah 61:1-3, Jn 17:13)

God wants to complete his joy in you. Write or draw whatever comes to you first. It might be a picture, a feeling like peace, or a free flow of words. This is also a good space to talk to God about what you hope for in 2026)

Encourage looking forward (Phil 4:8-9, 2 Cor 3:18, Jer 33:3, Prov 3:5-6)

God, what do you want me to know about 2026: my hopes, desires, joys?

Any word or phrase that stands out?

Reflect on what you've heard and written, is there a word, phrase, picture or feeling that stands out? Write it here?

What encouragement do you want to share (Jn 13:1-17, Pv 27:12,17, 1 Thes 5:21)
We're meant to encourage one another and sharpen each other. Write down anything that would help you feel confident in sharing with others.

Communion (Lk 22:19-20, 1 Cor 11:23-25) We'll take communion together, what does it look like to be in communion and communication with God in all of 2026?