

## New Year Examination

As we begin the New Year, this is a perfect time to reflect and prepare, to look back at your life over the past year, and to look ahead to that is ahead of you. Reflection and prayer are a gift to us, and, in turn, a gift to those around us as we examine the details of our life.

### PRESENCE

Take a moment for silence, slowing down, focusing on God's presence in your life.

### GRATITUDE

Think back over the past year. As you look back over the past 12 months.

What were some of your favorite things that happened this past year?

What were some important things that happened this past year?

What were some challenges you faced this past year?

What went well this past year?

What were your personal victories?

### INNER LIFE

Where have I felt true joy this year?

What troubled me this year?

What has challenged me?

### FOCUS

This past year's successes:

This past year's challenges:

Word, phrase, or image that captures your experience of this year:

## LOOKING FORWARD

What do you need to do less in the coming year?

What do you need to do more of in the coming year?

With whom should you spend less time?

With whom should you spend more time?

If single, what do your friends need from you this year?

If single, what do you need from your friends this year? Do they know that?

If married, what does your spouse need from you this year?

If married, what do you need from your spouse this year? Does your spouse know that?

If a parent, what does your child need from you this year?

What do you need to stop doing, thinking or believing that leads you away from God?

What do you need to start doing, or doing more of, to experience God's grace, love, and power in your life this year?

## PRAYER

In light of the year that has past, and the year ahead of you, what do you feel like God is saying to you today?

What are you going to do about it?

Spend time with God in prayer, talking about these insights, questions, and emotions.

It is on account of Your mercy alone, O Lord, that I am not consumed, because your compassions never fail. They are new every morning; great is Your faithfulness. Abide with me, O God, through the coming year. Be my guide in all my journey, strength in my weakness, my ever-ready help in all troubles. Amen.