

REST

Preparation—

Sit in silence for 1-3 minutes—close your eyes, put on some quiet instrumental music—whatever helps your mind and soul to be still.

Slow down your breathing and be reminded of God's sustaining presence.

REVIEW

Take note of current emotions: *What am I feeling?*

As you review this year, ask the Holy Spirit to reveal what he's been doing in your life and in the lives of those close to you. Write out significant events of the past year: Impactful routines, moments, conversations, etc. Use these prompts as a guide:

What were some of the high points or mountaintops?

What were some of the low moments or valleys?

What was an average day like? How did I feel in the morning and evening?

What were my problems, tensions, and struggles this year?

Where did I discover gifts of joy? Where did I experience sorrow and grief?

Consider taking a personal rhythms audit:

How did I pray and seek the Lord?

How did I rest?

How did I take care of my mind, body, and soul?

How did I lean into relationships?

How did I join God in his work through my work?

REJOICE

Looking back with gratitude—

"Look at where you are. Look at where you started. The fact that you're alive is a miracle. Just stay alive, that would be enough"—Eliza Hamilton

Reflect on each month of the past year and practice gratitude, writing whatever comes to mind and giving thanks to God as the source of every gift and blessing.

Taste and see that the Lord is good by remembering his faithfulness.

REPENT

Ask God to clearly distinguish his voice of grace from any voice of condemnation, to kindly reveal ways you have drifted or fallen short of his plans for your life.

How have I not loved God with my whole heart?

How have I not loved my neighbor as myself?

When have I said "Yes" to partnering with God?

When have I said "No"?

REQUEST

Looking forward in hope—

Finally, let's bring the upcoming year before the Lord:

What are my goals and dreams for this year?

What am I most asking God for?

Where is the Holy Spirit leading me to grow this year?

What is this next season for? Is there a word God has for me to cling to?