

PAUSE/LISTEN/RESET

A new year is a great time to hit pause for a time and bring ourselves back to God in a fresh way. This is not necessarily a guide to allow you to figure out your New Year Resolution - although it may end up there. This is a guide to allow you space to meet with God, and hear what He has to say in some key areas of your life.

We recommend you have a Bible, journal, and about an hour to fully work through this guide.

SECTION ONE: ORIENTING OURSELVES BACK TO GOD

Remind yourself who God is

Read Psalm 46
Read Isaiah 44:1-8

What do these verses say to you about who God is? Write down your answer(s) in your journal.

Remind yourself who you are

Read 1 Peter 2:9-10
Read 2 Corinthians 5:16-21

What do these verses say to you about who you are? Write down your answer(s) in your journal.

Remind yourself of your purpose

Read John 15 1-17
Read Matthew 28:16-20

What do these verses say to you about your purpose? Write down your answer(s) in your journal.

SECTION TWO: ASSESSING KEY AREAS OF OUR LIFE

There are five key areas of our lives: Faith, Family, Finances, Fullness, Fun. Here's a brief description of what we mean.

Faith: Our personal and corporate walk with Jesus

Family: The relationships in our lives - both family and friends

Finances: Stewarding the resources God has given (money, time, talents, etc)

Fullness: Emotional, physical, and mental well-being

Fun: The things that bring joy, delight, and adventure into our lives

During this section, you'll want to have some space to just sit and listen - we want to ask Jesus how these areas of our lives went this last year, and if He thinks anything needs adjusting. Take a few deep breaths, and ask Jesus these questions.

*Jesus, what do you want me to know about my faith? About my family?
About my finances? About my fullness? About my fun?*

Jesus, what area was out of balance this last year?

Jesus, where was it difficult to follow you this last year?

Chances are good that this section is taking work! It's not easy to sit distraction-free and listen for the voice of God. Below are some helpful prompts to bring you back to focus, or to ask these questions in a different way.

- Where did I see/experience God at work this last year?
- What were the wins of this year?
- What obstacles did I face?
- If I mentored someone dealing with the same obstacle, I would tell them...

SECTION THREE: DREAMING AND LOOKING FORWARD

This last section is designed for us to take what we have assessed and learned from last year, and ask Jesus what he has for us in the new year ahead. You will want some space to listen in a distraction-free environment as you dream and look forward.

Here are the five key areas of life again:

Faith: Our personal and corporate walk with Jesus

Family: The relationships in our lives - both family and friends

Finances: Stewarding the resources God has given (money, time, talents, etc)

Fullness: Emotional, physical, and mental well-being

Fun: The things that bring joy, delight, and adventure into our lives

Take a few deep breaths, quiet your soul, and ask Jesus the following questions:

- Jesus, based on last year, what is one thing you'd like me to KNOW about my family? Faith? Fullness? Finances? Fun?
- Jesus, based on last year, what is one thing you'd like me to DO in my family? Faith? Fullness? Finances? Fun?

SECTION FOUR: REVIEW AND PRAY

This section is to simply close up your time with the Lord. Take a few minutes and look over the notes you have taken.

- What stands out to you?
- What patterns do you see?

Read Psalm 145

End your time in prayer - praising God for the space to meet with Him, praising Him for sustaining you and bringing you through another year, and proclaiming that He is your only hope for a thriving 2025.

Amen!