

Reflection Refocus

Welcome friend,
Here is a guided resource that will take you through a personal time of reflection & refocus as you remember God's goodness this past year & His faithfulness in the blessed year ahead.
Use alongside the specific meditation found on the **mobile app** "Lectio 365":
<https://lectio365.24-7prayer.com/share?devotional=2020-12-28>

- Take a moment to be still in God's presence & prepare yourself to reflect on **20__**.

Where are you? What do you see around you? What do you hear?

- Become aware of your thoughts -

Write out the things that are distracting & disturbing you:

- Notice your emotions -

Offer to God the feelings that are currently affecting your mood:

- Notice your body -

Offer to God the places where you can feel tension and stress:

- Posture your soul -

Holy Spirit, I welcome you. Guide me as I remember **20_____**

Reflection Refocus

- Take a few moments now to replay the last twelve months in your mind -

Recall some specific events:

- What were the highlights and encouragements?

What did you achieve? When did you experience joy and wonder? Write & give thanks...

- Who were the people who encouraged me?

Who was there when you needed help? Whose words or actions inspired you to become more like Christ this year?

- As you prepare to leave Year **20____** in a few days time...

What good things have you gained? What have you learned?

- What do you want to take with you into the New Year?

What areas have you begun living more aligned to your God-given design that you want to take into the coming year? What support do you need? Write these out with God now:
