

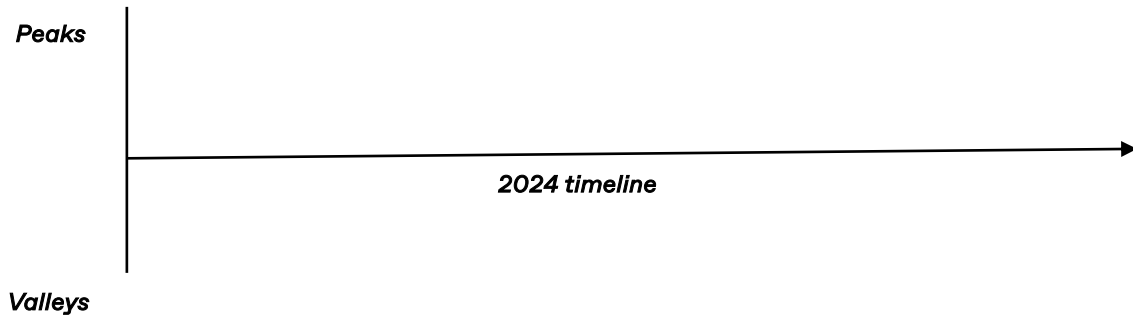
EXAMINE 2024

-This is an adaptation of the ancient practice of Examine. The goal is to help you process and pray through this past year in order to get a sense of your story, awareness of the moments that define you, and God's involvement in them.
-To engage with this, you'll need a pen and paper (possibly your journal).

1

REPLAY

Map out key moments and events from your year using Viktor Frankl's Peaks and Valleys exercise below...
(For more space, use a separate piece of paper)



2

REJOICE

Start by giving thanks to God for all of the blessings of the year.

Talk to God about the high points and what made them so special. Look for moments that show God's kindness and faithfulness.

(If additional moments/memories come to mind, feel free to map them on your timeline - If you'd like, use colored pens or highlighters to mark and doodle as you look back).

3

REPENT

Ask God to open your heart to repentance and lament.

No one's year has been perfect. Allow the Holy Spirit to bring up sinful or broken patterns in the last 12 months and then repent and receive forgiveness.

(If additional moments/memories come to mind, feel free to map them on your timeline - You may experience grief and anger alongside gratitude. Don't fight these feelings as they are natural. Tell God how you feel.)

4

RESET

Before you begin to look ahead at the next year, ask God...

...What do you want to say to me about this past year? Spend some time recording your impressions. Let God draw your mind to places he is proud of you...and allow him to reframe the way you look back on the beauty and brokenness of the year you've just lived.

(If additional moments/memories come to mind, feel free to map them on your timeline)

5

LOOK FORWARD

After reflecting on this past year, ask the following questions...

What do you want to bring into 2025? What do you want to leave behind? What are a few measurable changes you would like to make? *(Write them down.)*

Invite God into your answers and to reshape them how He desires.

SCRIPTURES TO REFLECT ON

Psalm 139v23-24

²³ Search me, God, and know my heart;
test me and know my anxious thoughts.

²⁴ See if there is any offensive way in me,
and lead me in the way everlasting.

Lamentations 3v40

Let us examine our ways and test them,
and let us return to the Lord.

1 John 1v9

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

2 Corinthians 12v9-10

My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. ¹⁰ That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

Philippians 4v6-7

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

James 4v7-8

⁷ Submit yourselves, then, to God. Resist the devil, and he will flee from you. ⁸ Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.

Philippians 4v8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.