

REFLECTION

Review The Previous Year

Definition of Reflection:

- serious thought or consideration
- an idea about something, especially one that is written down or expressed

Scripture and Meditation

Psalms 139:23-24

Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.

Reflection Questions:

- What has God taught me about Himself?
- What has God taught me about myself?
- What prayers did God answer this year?
- What would you tell yourself in January, if you could go back to the beginning of the year?
- What are you looking forward to for next year?
- In what ways do you feel desperate for God to move in your life?

MY ONE WORD

Plan For The Coming Year

What It Is

My One Word is simply a lens to see your year through. It is not a permission to put blinders on and miss everything else around you, but it is a helpful process in which to focus our eyes on what God is trying to teach us through a more specific clear lens.

Why We Do It

Viewing the year through the lens of one word gives you sharper clarity. It grounds you when the storms roll in and it magnifies the Lord's presence in your life when you are on the mountaintops. It also allows you to see more clearly where God is with you, moving throughout the course of the mundane.

How To Get Started

One of the best ways I have been able to use My One Word is to journal. I have a list of my previous words in the front of my journal, and throughout the year I write my word at the top of my journal entries. This reminds me of the lens that I feel the Lord is asking me to see through and allows me to reflect on the years past of how He has been there for me.

Reflection Questions:

- What is one area that I want to put extra focus on next year?
- Are there any "hard things" that I don't want to do?
- What area do you want to grow in?
- Is there a common focus that God has been bringing you to? (Family, Reconciliation, Freedom, Courage, etc)
- Is there a passage of scripture that you have been drawn to? What is the central focus of that passage?

Additional Resources:

My One Word by Mike Ashcraft

myoneword.org