

SELAH: A Gift of Perspective

Year-End Reflection | 2025 → 2026

Name: _____

Date: _____

Movement 1 — Number Our Days

Psalm 90:12 (NIV)

Teach us to number our days, that we may gain a heart of wisdom.

Reflection

What were 3 key moments from this past year, personally?

1. _____
2. _____
3. _____

Where was God present and near to me this year?

Movement 2 — Search Me

Psalm 139:23–24 (NIV)

*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

What has been the state of my heart towards God this year?

Where were the places of disappointment, distance or weariness from God?

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Movement 3 — Give Thanks

Psalm 103:1–5 (NIV)

*Praise the Lord, my soul; all my inmost being, praise his holy name.
Praise the Lord, my soul, and forget not all his benefits—
who forgives all your sins and heals all your diseases,
who redeems your life from the pit and crowns you with love and compassion,
who satisfies your desires with good things so that your youth is renewed like the eagle's.*

Reflection

What are 3 ways (big or small) you want to give thanks to God in 2025?

1. _____

2. _____

3. _____

What is your prayer for 2026?
