

The Practice of Reviewing Your Year

By Joan Kelley and Sibyl Towner

The spiritual practice of the daily examine, that we call "Reviewing My Day," helps us to live more fully in the present, learn from our moments of the day and recognize and respond to God. The same practice of review can be applied to our spiritual year. Take some time to select a few of the questions and journal your responses and then share with a friend. Make this a practice to engage in as you close out a year and advance into the New Year. Consider doing this with your small group or listening group.

Questions to Ponder as you Review Your Year

- What were five places (experiences, relationships, moments in time) when you felt most alive with God this year?
- What were five places (experiences, relationships, moments in time) when you felt most distant from God this year?
- What did I read (books, blogs, devotionals, quotes) that helped me sense God's presence in new ways, helped me reframe a situation or led me to better questions?
- What pieces of scripture were influential to my growth this year?
- What people were influential in my growth this year?
- What new questions am I asking myself? What questions are still lingering?
- What experiences have you been able to "name" or "reframe" that have helped me begin working through a valley in your life?
- What experiences have you been able to share with a listening partner that have allowed you to take the next step of growth or healing?
- What are some new things that you would like to try in the New Year?
- Based on what you learned this year, what new relationships would you like to seek out, what boundaries around current relationships need to be established or what relationships need to be let go?
- What are some things you would like to leave behind from this last year?
- How are you learning to live in the present moment in new ways?
- How are you keeping a learning posture by reviewing your day, week, year?
- What would you like to pull forward into the New Year?
- What other questions will help you "review your year?"

Scripture Reflection

"There is a time for everything, and a season for every activity under the heavens:." –Ecclesiastes 3:1