

Reflecting & Goal-Setting With God

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The goal of this little reflection and goal-setting worksheet is to take some time to remember what God has done this year, praise Him for it, and then invite Him into your next year.

Start with prayer. Thank God for this past year. Ask Him to give you wisdom as you reflect and set goals for this coming year.

Reflecting

1. What are some highlights from this past year? Thank God for each one.

2. What were some challenges you faced this past year? Thank God for each one.

3. How did you see God move this past year? Did He answer some prayers? Did He give guidance or comfort? Thank Him for those things.

4. What are some things God taught you this past year? Thank Him for being your Counselor and for teaching you.



Goal-Setting

1. What is **one** spiritual discipline that you want to learn more about and practice this year? Some examples are prayer, fasting, meditating on Scripture, and worship. **Why** are you setting this goal?

2. What is **one** fruit of the Spirit that you would like to experience more this year? Some examples are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23). **Why** are you setting this goal?

3. What is **one** mental or physical health goal? **Why** are you setting this goal?

4. Are there any other goals God has put on your heart or goals that you want to pray over?

In their hearts humans plan their course, but the Lord establishes their steps.

Proverbs 16:9

