

This is a quick guide to help you process last year and move into the new year.

I LOVE beginnings. His mercies are new every morning, but there's something about the new year and a clean slate that gets me pumped up!

I worked through this format and I wanted to share with you in case this was helpful for you. This guide is intended for you to grieve what was, to dream for the future, and to hope for a more joyful whole you.

My Scripture for this year is Proverbs 31:31

"whoever pursues righteousness and love finds life, prosperity and honor."

This word "prosperity" in Hebrew is also sometimes translated "happiness". So it could read "whoever pursues righteousness and love finds life, happiness and honor."

Who doesn't want more of that? So let's get started!

BUT, before we get started we have to talk about the elephant in the room, COVID! It's been a hard year for everyone, me included in that. So first, before we can think and plan we need to lament what we lost, and what is and has been painful. Take your time here, breath and write.

Things to Grieve. Write Below.

Things that brought you happiness or prosperity.

Things that gave you honor and life.

## Spiritual Practices 2022

These spiritual disciplines come from Robert Foster's book
Celebration of Discipline. Write the spiritual practices that
came easy last year. What is your current rhythm? Where do you
want to grow in your spiritual practices this year?

Inward- Fasting / Prayer / Meditation/
Study

Outward-Sabbath / Service / Simplicity / Solitude

Corporate- Worship / Confession / Celebration

## Your Body & Relational

Write what you did well and where the Holy Spirit is leading you to grow this year.

Food / Exercise / Rest

Friendships / Marriage / Family

## Your Mind/Emotions

Write what you did well then where the Holy Spirit is leading you to grow this year. Be kind to yourself here.

Sleep / Dreams / Inner Thoughts

What Makes You Giggle / Memories to Make

Gratitude / Anxious Thoughts / Friends

God, as I go About my day, please show me how I can pursues righteousness & love. Starting Today! I want to make honoring You the aim of my life. Align my thoughts and actions with Your character, and teach me to glorify You. Show me my blindspots. You alone are worthy of glory and honor!

In Jesus' name, Amen