

Reflections and hopes journal prompts

Let's look back:

Reflect on the promises God has given you and wants to revive in your heart for the new year. Record what He speaks to you.

Think through each month, and make a list of some of the notable moments (the highs and lows). What instances do you need to grieve or surrender?

How did God surprise you in 2018?

Write out an honest and vulnerable letter to God about 2018. Then sit back, pause, listen and write out what you hear or sense in response. Remember that He is good, kind and loving!

Finish this sentence, 2018 was a year _____

Now turn to look ahead:

What are the hopes and dreams in your heart?

Ask God for a word or theme that will act as a guidepost for you. It can be discovered, confirmed, or revealed through nature, a conversation, a dream a song, a passage in the Bible or a book title.

One of the ways is to give the new year a single word. This word is there to act as a reminder and guide for how you shape your year. It's not a to-do list, but rather a hope and a dream, a way to walk in loving obedience to Jesus.

What is your one word?

If I had to give my 2019 one word, what would it be?

