

Ten Questions for a New Year

1. What's one thing you can do this year to increase your enjoyment of God?

2. What's an impossible prayer you can pray?

There are more than a dozen "but God" statements in Scripture used to describe situations that were humanly impossible were transformed by "but God." *What's a "but God" prayer you can pray for the coming year?*

3. What's the most important thing you can do to improve your family life?

4. In which spiritual discipline do you most want to make progress this year?

Once you decide, determine the next step to take and when you will take it.

5. What's the single biggest time-waster in your life, and how can you redeem the time?

Remember, "trying to stop," by itself, is probably not the answer. Actively replacing it with something better helps us in "making the best use of the time" (Eph 5:16).

6. What's the most helpful new way you could strengthen your church?

7. Who is the **one** person you for whose salvation you will pray most fervently this year?

8. What's the most important way, by God's grace, that you will try to make this year different from last?

9. What one thing could you do to improve your prayer life this year?

10. What single thing can you plan to do this year that will matter most in ten years? In eternity?

adapted from an article by Don Whitney

BEGINNING-OF-THE-YEAR EXAMEN

THE YEAR PAST

Were there any significant, life-changing events which occurred this last year? How did they impact my life?

Thoughts: _____

What are some of the challenges which I encountered in this last year? How did I handle them? How did I grow through them?

Thoughts: _____

What are the main things I learned from this year as a whole?

Thoughts: _____

THE TWO GREAT COMMANDMENTS

In Matthew 22:39-40, Jesus says that the first and greatest command is to "*love the Lord your God with all of your heart, soul, and mind.*" He then says that the second command is to "*love your neighbor as yourself.*"

The single most important thing for which I was created was an intimate relationship with God, my heavenly Father. When I am growing in my love and experience of Him, His love and power overflow into my life and enable me to live a life of loving influence and impact.

Am I growing in my love for God? Yes No

Thoughts: _____

Am I being intentional about *regularly* cultivating my relationship with God?

Yes No

Thoughts: _____

Am I growing in my love for people? Yes No

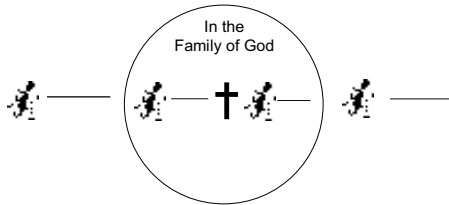
Thoughts: _____

DIRECTION

John 1:1 says that: *“In the beginning was the Word, and the Word was in a face-to-face posture with God, and the Word was God.”* The Old Testament frequently used the idiom of “turning your face toward” or “turning your face away from” God.

Would you say that you are moving toward God or away from Him right now?

Draw a circle around the person who most represents you right now. (Note: To be in the circle represents being in the family of God through faith in Jesus).



Thoughts: _____

GOD NUDGINGS AND PROMPTINGS

In Isaiah 43:19 God says, *“I am doing a new thing! Now it springs up; do you not perceive it?”* In God’s work of forming me into the image of His Son, God is desiring to do new things in my life.

In what areas of my life do I sense that God is desiring to be at work?

Thoughts: _____

What are some spiritual practices, disciplines, books, experiences, and relationships that will help me in growing in this area of my life?

Thoughts: _____

DISTRACTIONS

Luke 10:38-42 tells the story of Martha and Mary. Of Mary, Jesus said, *“She has chosen the best thing and it will not be taken from her.”* But of Martha, Jesus said, *“You are **distracted** by many things.”*

As I look back on this past year, have I been more like Mary or Martha?

- Mary: For the most part, I have devoted myself to Jesus; the best thing?
- Martha: For the most part, I have allowed myself to be distracted from Jesus?

Specifically, who are the people and what are the things that *most distract* me from my life with God?

• Who: _____

• What: _____

Based upon my reflection in the last two questions, what do I need to do to minimize, or replace, the things that negatively influence my spiritual life?

Thoughts: _____

PROVERBS 4:23

Proverbs 4:23 says, *“Above all else guard your heart!”* The most important part of who I am is my heart, or my soul. The beginning and foundation of all true health, wholeness, and well-being begins in my heart.

Am I taking the time to *regularly* cultivate my heart before God? Yes No

What is the current state of my heart (i.e. my soul)?



- ① Healthy and thriving. Overall, I am content with the condition of my soul!
- ② Generally good, though I could be more intentionally focused on tending my soul.
- ③ Middle of the road. I feel spiritually stagnant and sluggish and even a little adrift.
- ④ Declining health. Some serious signs of un-health need to be addressed soon.
- ⑤ On life support. My soul is in desperate need of my attention immediately.

Thoughts: _____

WRAP-UP AND APPLICATION

Looking back at my answers, what would I say are some changes which I need to make in my life in order to keep myself upon the right course (be specific)?

Thoughts: _____

Who is the person I most trust to listen to my self-assessment and to hold me accountable to the changes which I desire to see?

Accountability Partner: _____

