



# New Year Reflections and Listening Prayer Guide

Use this guide as a starting point for your new year goal setting. Draw near to the Lord by inviting Him into the process. We recommend journaling your answers to the questions so they will be easy to reference throughout the year!

## Reflection

1. How did God prove himself faithful through the good and the challenging this year?
2. What did He teach you through the trials/challenges you faced this year?
3. What truths did God really drive home to your heart this year?

## Prayer

1. Start by praying or prayer journaling about your own personal thoughts and desires for 2019.
2. Once you've laid bare your own struggles and desires for the new year, ask God this question, "What do you want to teach me this year?" or "What would you have me focus on this year?"
3. Quiet your mind and listen. Write down what pops into your mind (do not filter, you can do that later).
4. If something you heard confuses you or you don't know what it means, ask Him. Write down what you hear.
5. Take the things you heard that align with scripture, receive them and apply them to your personal goals for the year.