



The Yearly Examen

Lamentations 3:40 – “Instead, let us test and examine our ways. Let us turn back to the Lord.”

Look Back

Deuteronomy 32:7

Look over the last 6-12 months. Reflect on the following questions...

Where have I been?

What significant changes have come my way?

When have I been most stressed?

What am I now?

Look Through

Psalms 119:59

Identify any patterns, connections, or themes that have characterized the last 6-12 months...

If you can, summarize the past year in a sentence or two.

Do you notice anything significant or any patterns (patterns of stress, anger, depression, etc.)?

Look Forward

Psalms 32:8

Where do you sense God leading you forward?

What are some invitations that God might be giving you?

What are your hopes and dreams for the coming year?

Paint a picture of the kind of life you envision over the next year?

Look Around

Proverbs 17:17

What community support do you need in this season of life?

Who are the people you need to invite to walk beside you?

How can others best support you?